

# Yoga may improve menopausal quality of life

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(HealthDay)—Yoga may improve menopause-related quality of life (QOL) in women with vasomotor symptoms, according to research published in the March issue of the *American Journal of Obstetrics & Gynecology*.

Susan D. Reed, M.D., M.P.H., of the University of Washington in Seattle, and colleagues conducted a randomized, controlled, factorial design trial comparing the effects of yoga (107 participants), exercise (106), or usual activity (142), as well as omega-3 capsules (177) or placebo (178), on QOL in perimenopausal and postmenopausal women (average age, 54.7 years). Outcomes were assessed with total score for menopausal QOL and scores for each [domain](#) (physical, psychosocial, sexual, and vasomotor symptoms).

The researchers found that, at 12 weeks, the yoga group, compared with the usual activity group, had improved scores for total menopausal QOL (between-group difference,  $-0.3$ ; 95 percent confidence interval,  $-0.6$  to  $0$ ;  $P = 0.02$ ), [vasomotor symptoms](#) domain ( $P = 0.02$ ), and sexuality domain ( $P = 0.03$ ). No improvement in the total score for menopausal QOL was observed for women assigned to exercise and omega-3 capsules. Women assigned to exercise had improved scores for the physical domain ( $P = 0.02$ ) at 12 weeks.

"We found that, among healthy sedentary menopausal [women](#), yoga appears to improve menopausal quality of life; the clinical significance of our finding is uncertain because of the modest effect," the authors write.

The omega-3 supplement and matching placebo used in the study were donated by Nordic Naturals. Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
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