

**Table 4 Prevalence of use of any type and specific types of complementary/alternative medicine (CAM), by menopause symptom category**

Use of CAM	Vasomotor symptoms Yes ( <i>n</i> = 348)		Somatic symptoms Yes ( <i>n</i> = 739)		Psychological symptoms Yes ( <i>n</i> = 716)	
	No.	%	No.	%	No.	%
Any type	145	41.7	290	39.2	273	38.1
Nutritional remedies	69	19.8	138	18.7	132	18.4
Herbal remedies	69	19.8	127	17.2	118	16.5
Psychological methods	10	2.9	22	3.0	20	2.8
Physical methods	44	12.6	86	11.6	84	11.7
Folk medicine	15	4.3	35	4.7	34	4.8