

**Table 2: Item endorsement (n=153)**

Hormone Question Item	Endorsement (n, %)
<b>A) Symptom / Sign</b>	
Sweating during the night	46 (30.1)
Flushes day during the night	43 (28.5)
Moderate or severe loss of sexual interest	82 (53.9)
Urogenital prolapse	55 (40.1)
Moderate or severe dryness of vagina	38 (25.0)
Past history of breast or gynaecological cancer	17 (11.1)
<b>B) Hormone / Lifestyle Factor</b>	
≥150 mins of moderate intensity exercise per week	79 (51.6)
Vitamin D supplementation	73 (48.0)
Use of vaginal oestrogen	55 (35.9)
Use of NSAIDs	44 (29.3)
Use of Probiotics	31 (20.4)
High consumption of phyto-oestrogen foods	20 (14.3)
Use of melatonin or other sleep medication	18 (11.8)
Participation in weight training	14 (9.3)
Hormone replacement therapy	12 (7.9)
Use of herbal oestrogen products	6 (3.9)
Consumption of evening primrose oil	6 (3.9)
Consumption of ginseng	4 (2.6)
<b>TANGO variables</b>	
Snore loudly or stop breathing at night	60 (40)
Urinary urgency most days	106 (69)
Urgency incontinence at least weekly	98 (64)
Voiding dysfunction	26 (17)