

# Navigating Menopause

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# Navigating Menopause

WHO

WHAT

WHEN

WHERE

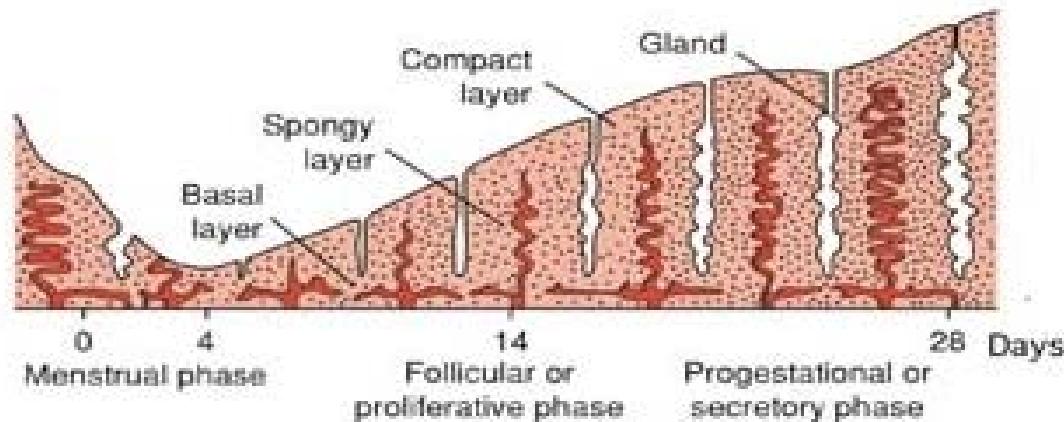
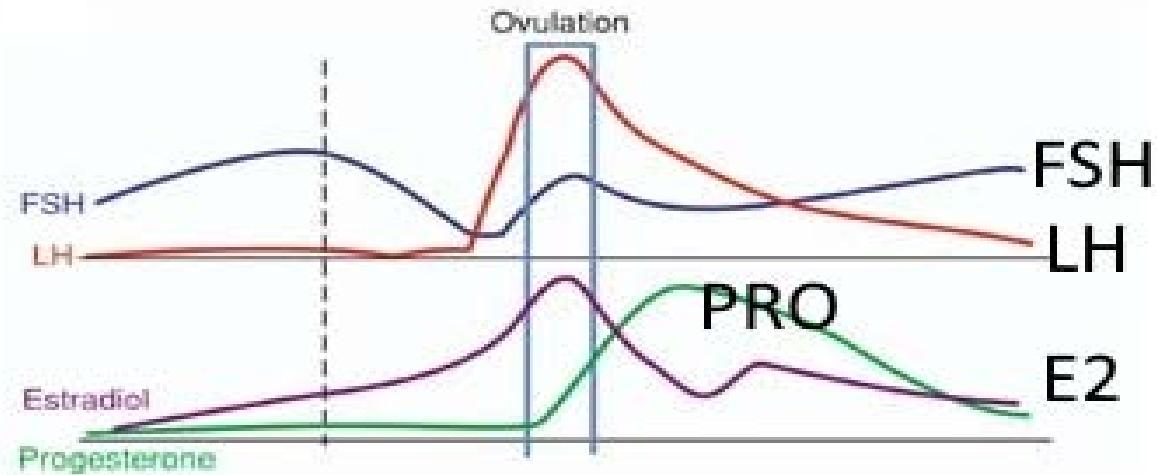
WHY

HOW

# Topics

1. Menstrual Miracle
2. Period Progress
3. Hormonal Havoc
4. Fear Factor
5. Hormonal Rx

# Menstrual Miracle



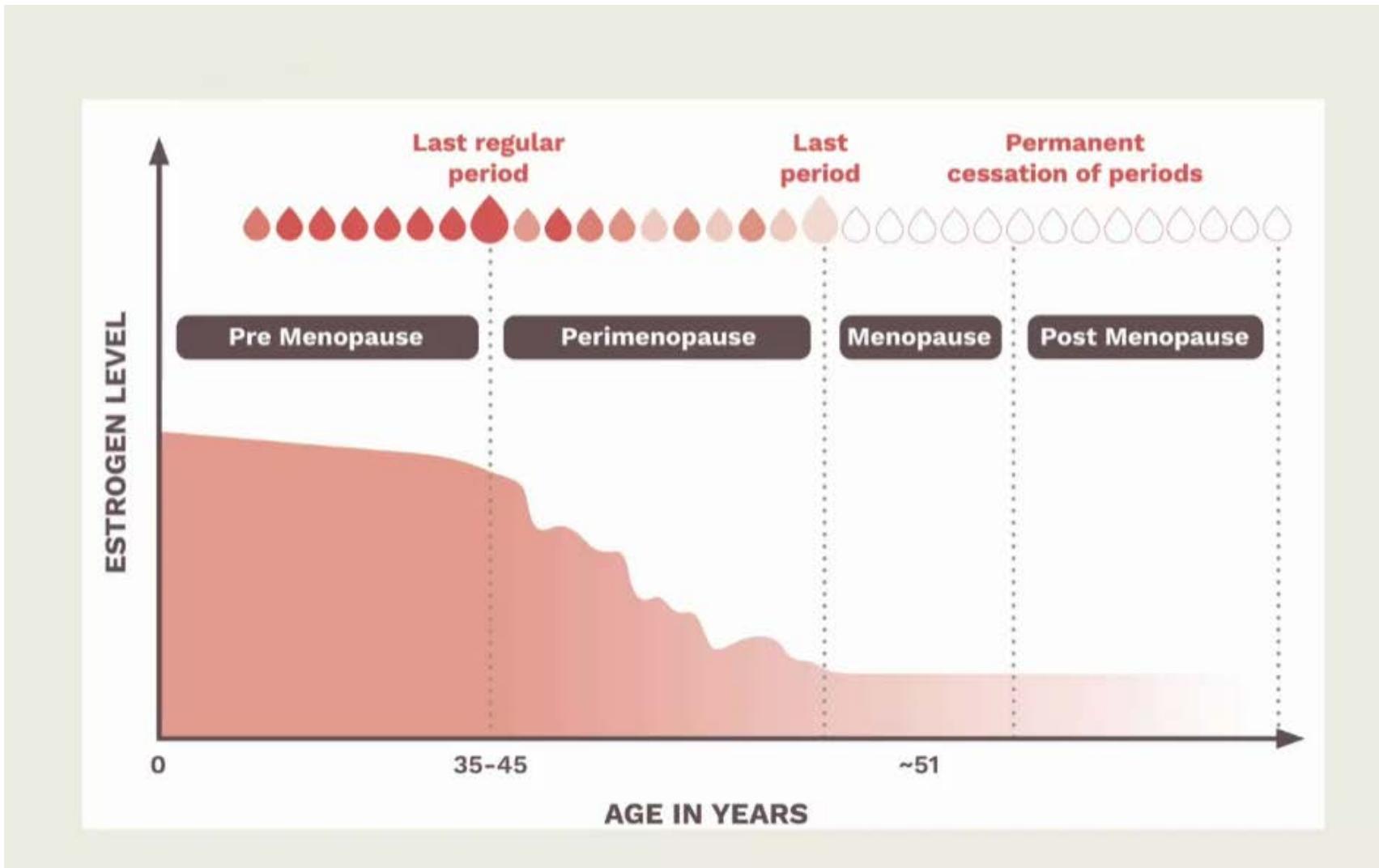
# Definitions

- Premenopause – puberty to ?
- Early Perimenopause
- Late Perimenopause
- Menopause - 45-55
- Early menopause – 40-45
- Premature menopause – before age 40
- Surgical menopause
- Post-menopausal

# Topics

1. Menstrual Miracle
- 2. Period Progress**
3. Hormonal Havoc
4. Fear Factor
5. Hormonal Rx

# Period Progress

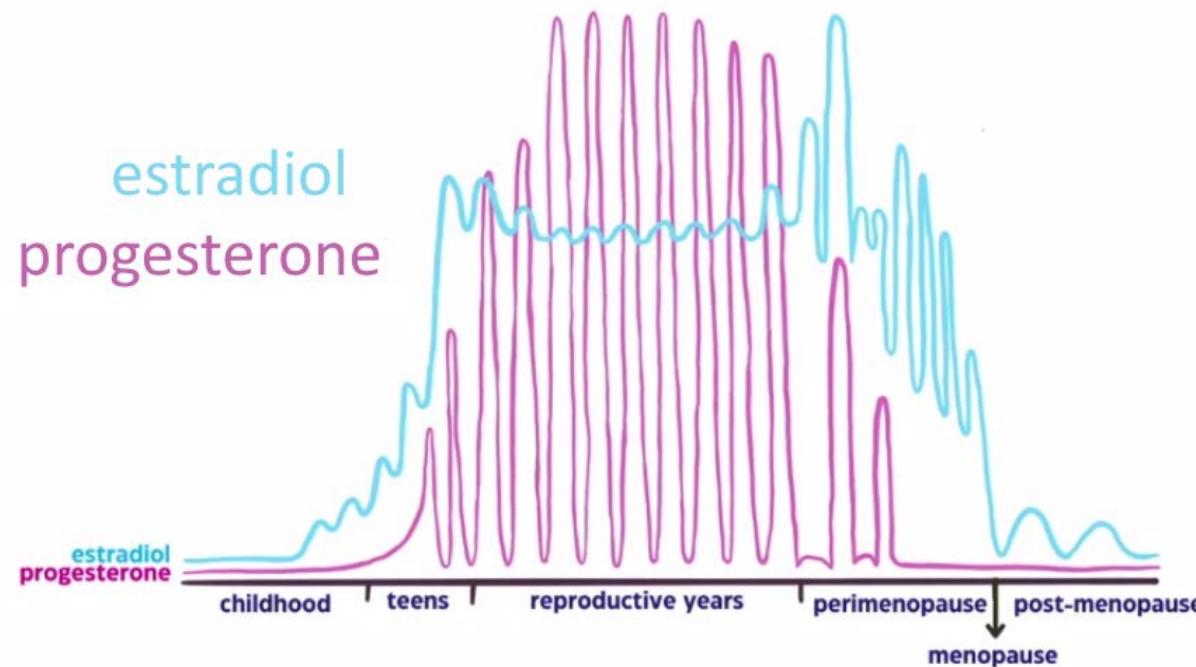


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# Hormonal Havoc

## Hormones Across Lifespan

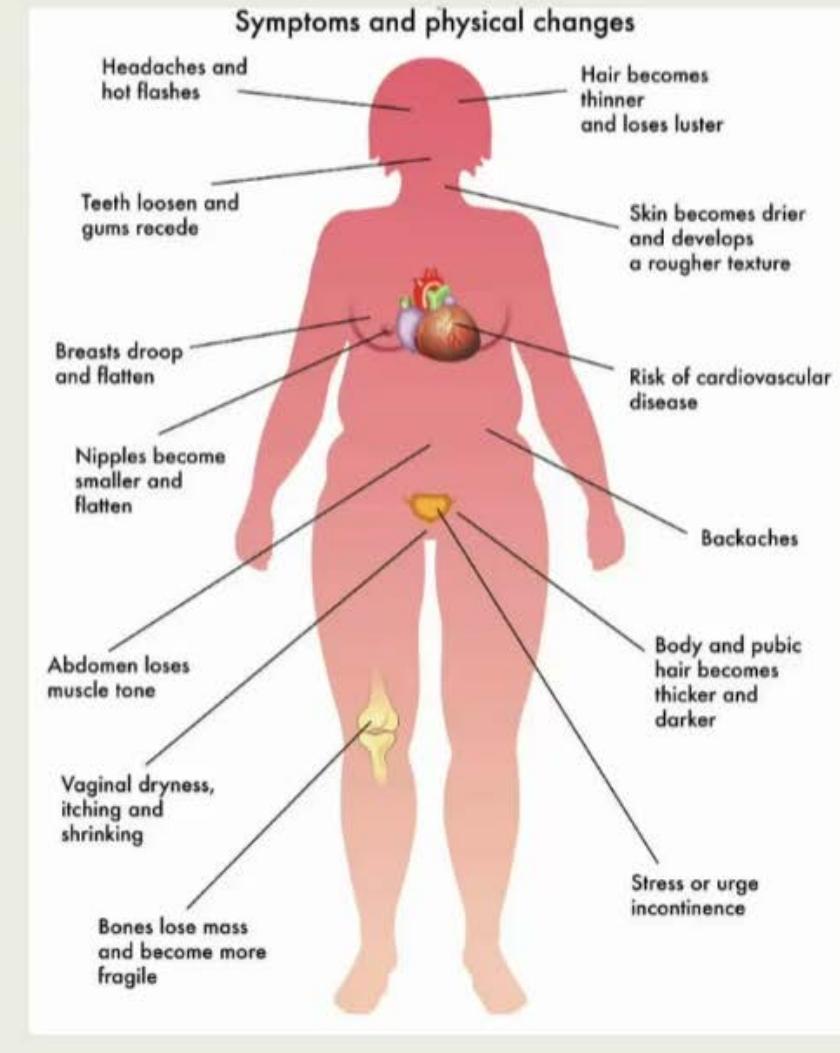


Look closely at perimenopause vs. menopause.

What is happening?

# Symptoms

Anxiety	Changes to hair and nails
Depression	Loss of muscle mass
Irritability	Weight gain especially in the mid section
Brain fog	Joint pain
Fatigue	Period changes
Headaches/migraines	Low libido
Hot flashes	Painful sex/ dry vagina
Palpitations	Frequent urinary tract infections
Night sweats	Incontinence
Osteoporosis	Sleep disturbance
Increase risk of CVD	



AGING?



# Topics

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2. Period Progress
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- 4. Fear Factor**
5. Hormonal Rx

# Fear Factor

- Supplements
  - Bio-identical and Compounded Hormones
  - Pellets – good, bad, very bad
  - WHI
  - Bye bye Black Box!

# What do these have in common?

- Progesterone Cream
- Soy, isoflavones
- Acupuncture
- Chinese herbs
- Dong quai
- Black cohosh
- Ginseng
- Evening primrose oil
- Kava
- St John's Wort
- Wild Yam extracts
- Chasteberry
- Flax Seed
- Omega 3
- Red Clover
- Hops
- Sage

# Fear Factor

- Supplements
- Bio-identical and Compounded Hormones
- Pellets – good, bad, very bad
- WHI
- Bye bye Black Box!

# Bio-Identical, Compounded, Pellets

- “Bio-identical” – FDA approved?, yams and marketing
- Compounded – Not FDA approved, not safer, and wildly popular
- Pellets - Not FDA approved, not safer, and sort-of popular



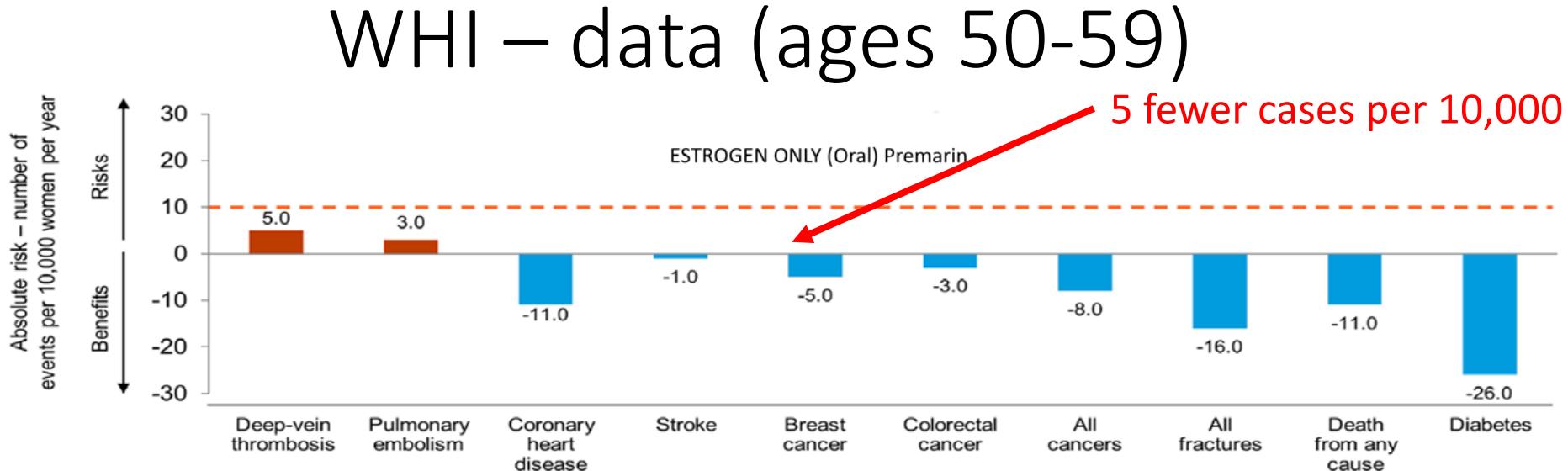
# WHI – OMG !

- WHI – Women’s Health Initiative, started mid 90’s
- 160,000 women – multiple different studies, cost \$1B in today’s dollars.
- Randomized, double-blind, placebo-controlled study of Estrogen + Progestin (PremPro) or Estrogen only (Premarin).
- July 2002 – press conference announced study being terminated 3 years early due to “risks”.

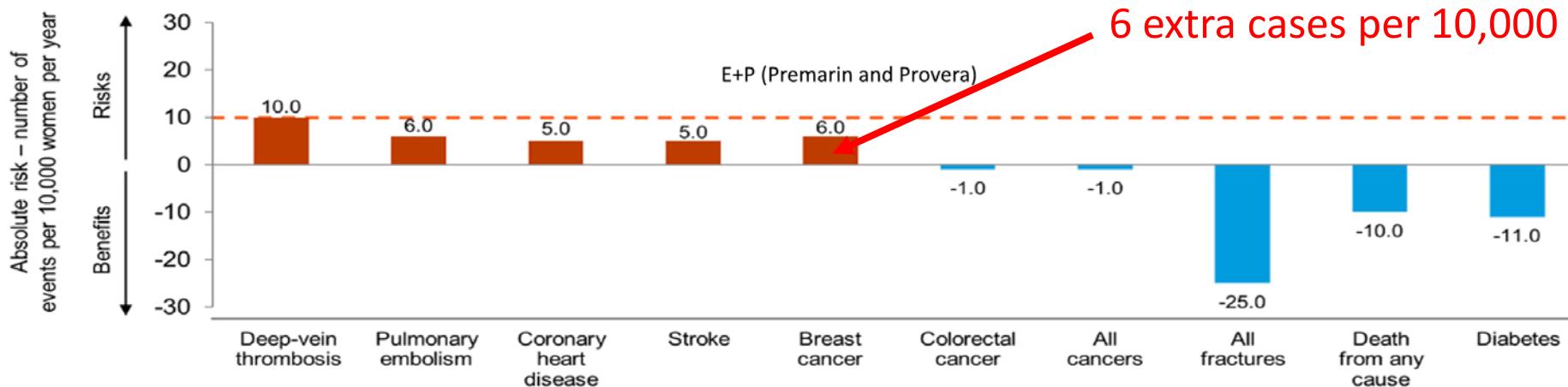
# WHI - UGH

- Average age of participants – 63. Had to be asymptomatic!
- Study was for heart disease, not cancer
- Placebo group included women who never took hormones AND also women who previously took hormones
- Higher breast cancer in E+P group was later proven to be due to LOWER than expected breast cancer in the placebo group!
- Benefits of HRT and reduction of breast cancer in E only group were not mentioned.

E  
Only  
group



E+P  
group



Benefits and risks of the two hormone therapy formulations in the Women's Health Initiative for aged 50 to 59 years. Risks and benefits are expressed as the difference in number of events (number in the hormone therapy group minus the number in the placebo group) per 10,000 women per year, with <10 per 10,000 per year representing a rare event (dashed red line). Adapted from Manson JE, et al. JAMA 2013;310:1353-1368.

# WHI – 15 yrs later

Research

JAMA | Original Investigation

## Menopausal Hormone Therapy and Long-term All-Cause and Cause-Specific Mortality

The Women's Health Initiative Randomized Trials

### Conclusions

Among postmenopausal women in WHI, hormone therapy with CEE plus MPA for a median of 5.6 years or CEE for a median of 7.2 years was not associated with risk of all-cause, cardiovascular, or total cancer mortality during a cumulative follow-up of 18 years.

# Bye Bye Black Box

VIEWPOINT

WOMEN'S HEALTH

## Updated Labeling for Menopausal Hormone Therapy

Martin A. Makary, MD, MPH; Christine P. Nguyen, MD; Tracy Beth Høeg, MD, PhD; George F. Tidmarsh, MD, PhD

“With a growing awareness of the limitations of the WHI and a refined understanding of various hormone therapy regimens, the FDA is removing the boxed warnings from the following products”:

- All combined estrogen-progestogen
- Estrogen alone
- Other estrogen containing
- Progestogen only

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# Hormonal Health

1. Bone Health
2. Brain Health (Mental Health)
3. Heart Health
4. Muscle and Joint Health
5. Sexual Health
6. Urinary and Vaginal Health

# Hormone Rx

**Systemic Estrogen** – oral, patch, gel, cream, oral troche, vaginal ring. Estradiol vs synthetic. 1 mg = 50 mcg = 5 mcg

**Vaginal Estrogen** – cream, pellet, suppository, ring and DHEA

**Progesterone** – micronized (“natural”), oral, vaginal

**Progestins** – oral, transdermal, (and bazedoxifene)

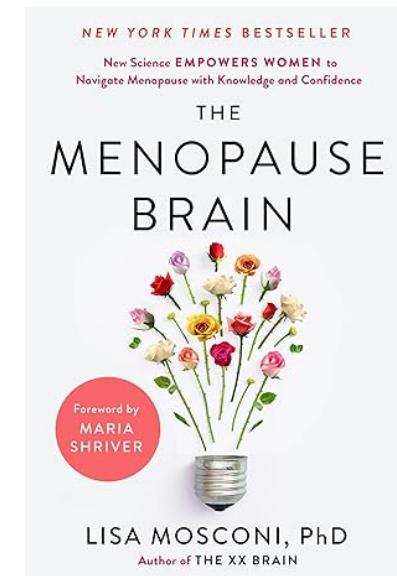
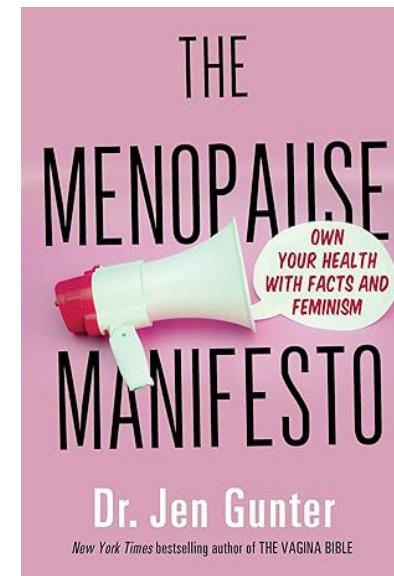
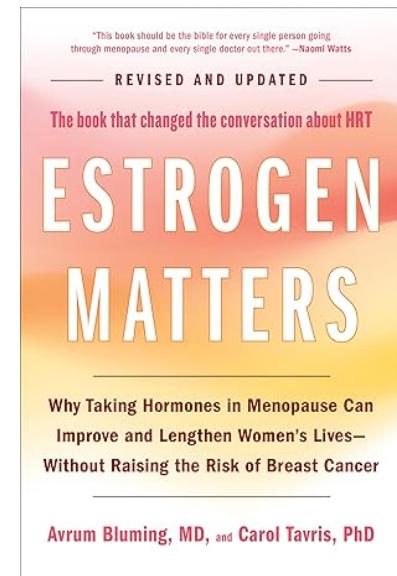
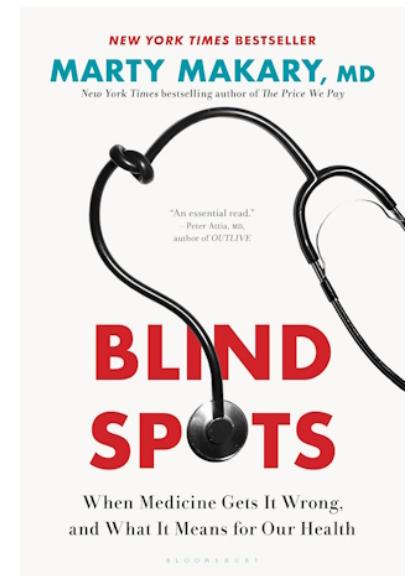
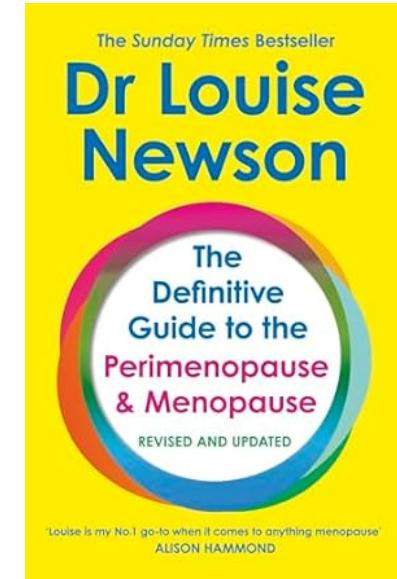
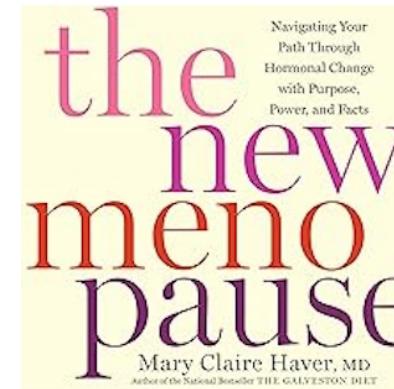
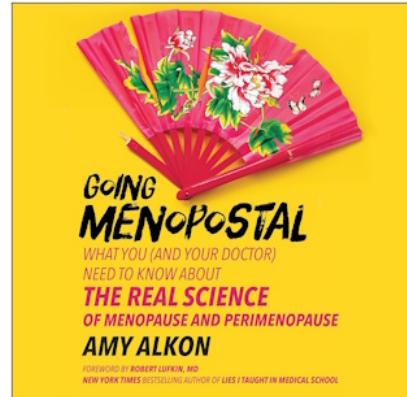
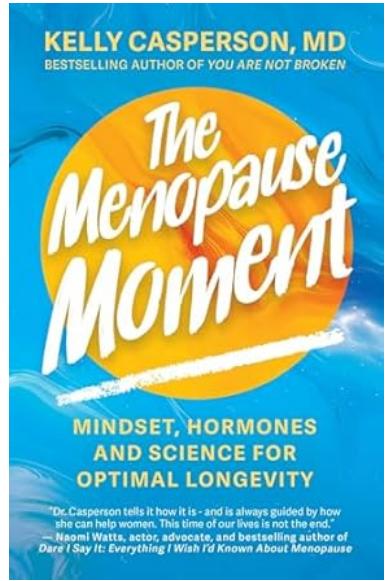
**Testosterone** – not FDA approved but used by millions of women

Hormone dosing and mgmt is another talk

# Resources

<https://drjick.com/menopause-resources/for-physicians>





# Women Have Been Misled About Menopause

Hot flashes, sleeplessness, pain during sex: For some of menopause's worst symptoms, there's an established treatment. Why aren't more women offered it?



# Menopause....

I start each day as  
Mary Poppins...



...and end it as  
Cruella de Vil.

???

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## RESOURCES

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email

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