

Navigating Menopause

Bryan S. Jick, MD, FACOG, MSCP

www.drjick.com/menopause-resources/for-physicians

bryan.jick@huntingtonhealth.org

Navigating Menopause

WHO

WHAT

WHEN

WHERE

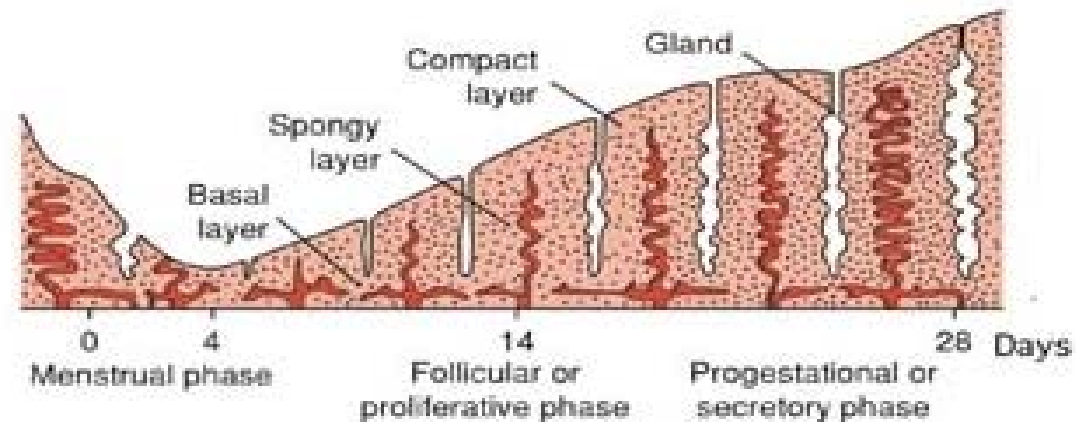
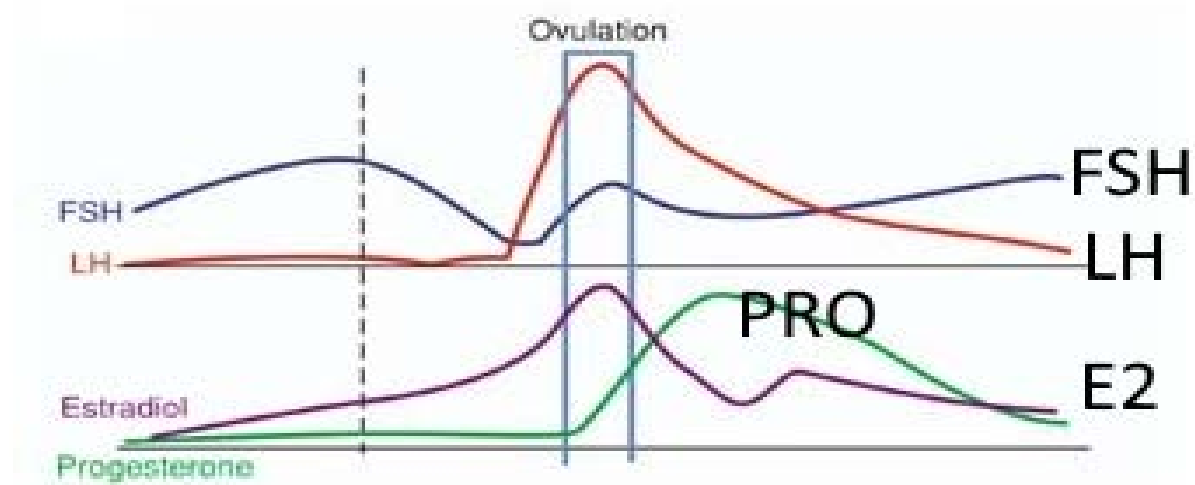
WHY

HOW

Topics

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

Menstrual Miracle



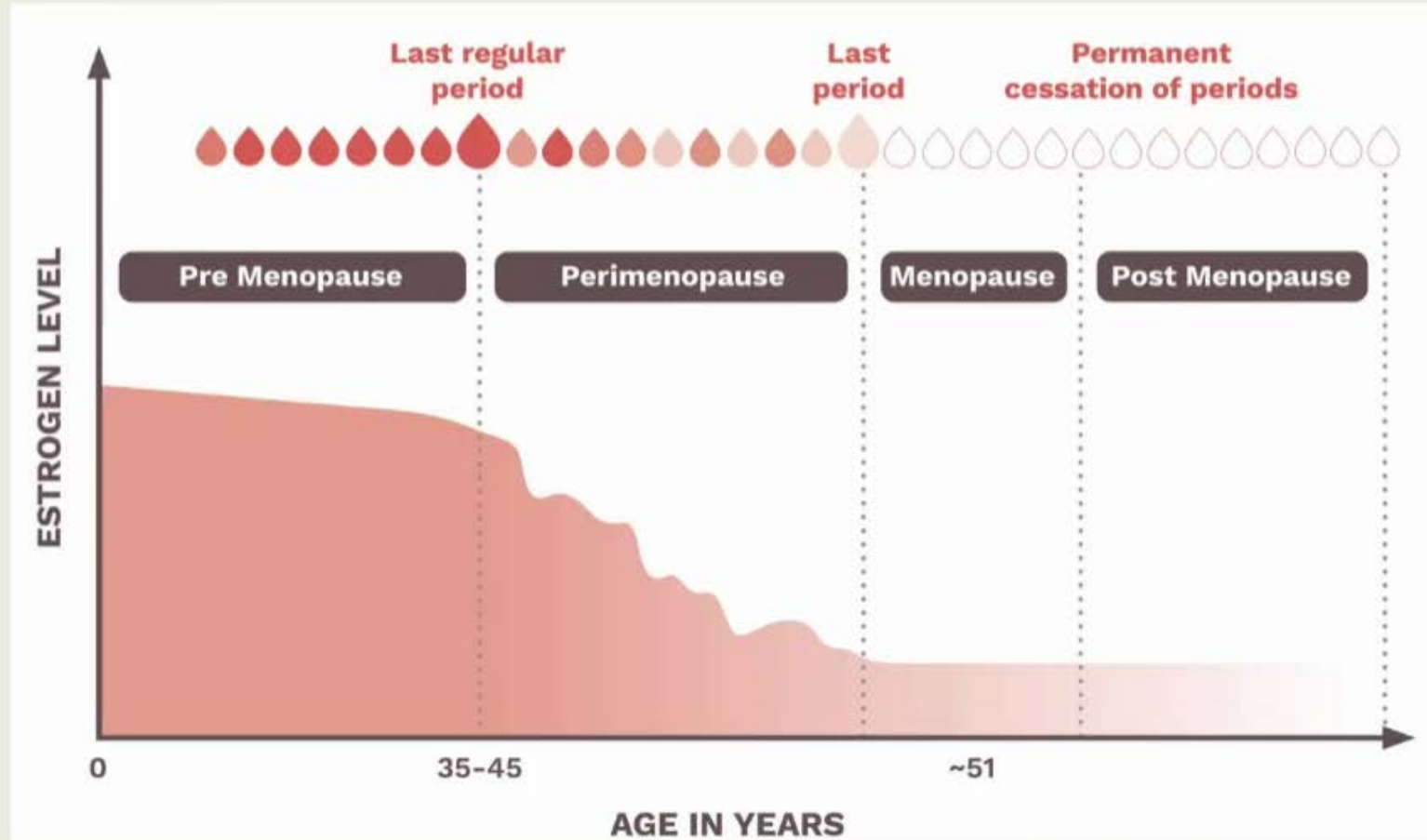
Definitions

- 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

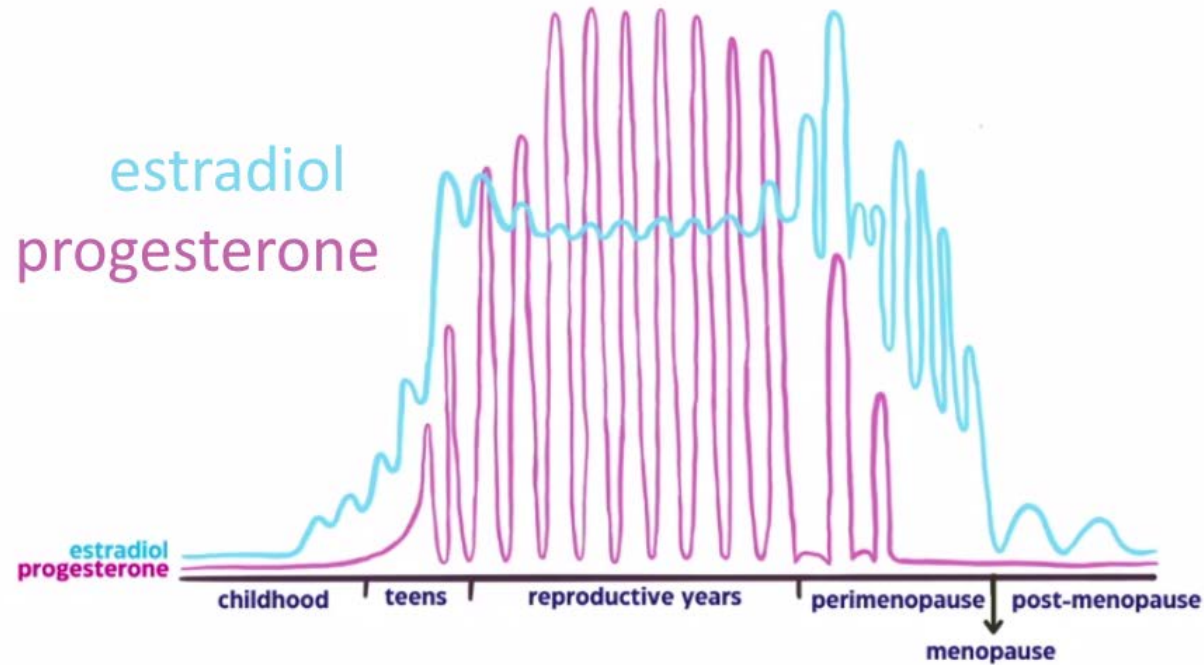


Topics

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

Hormonal Havoc

Hormones Across Lifespan



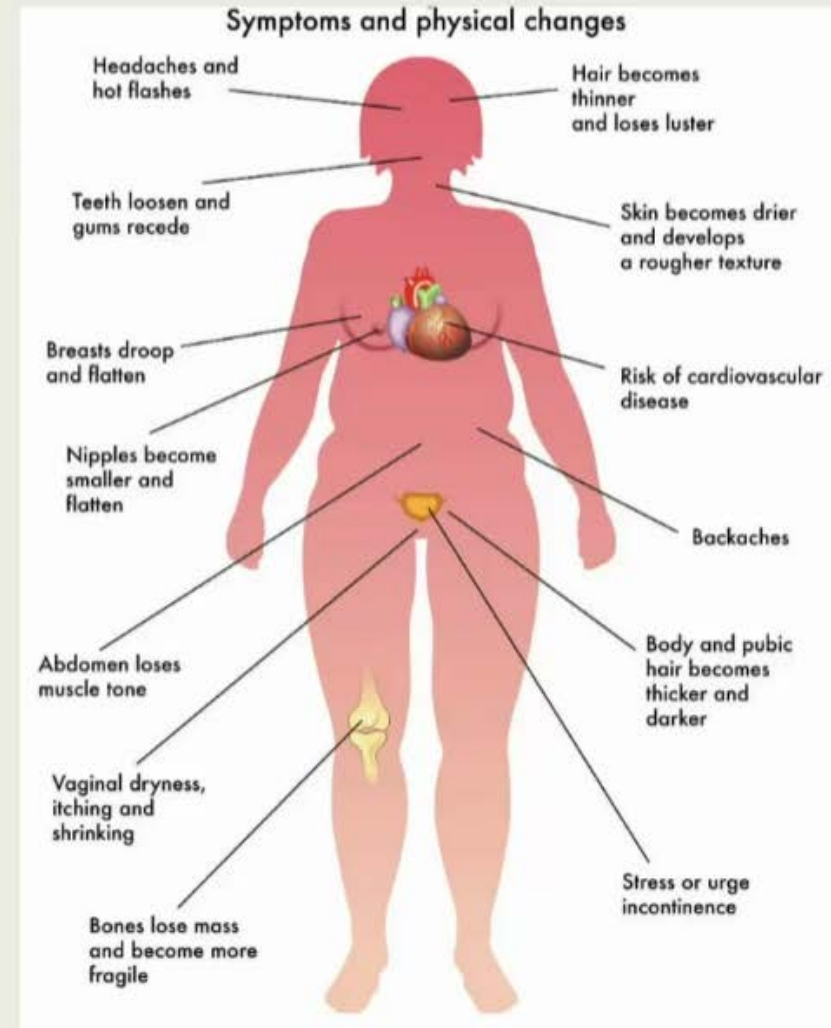
Look closely at
perimenopause vs.
menopause.

What is happening?

Symptoms

Anxiety
Depression
Irritability
Brain fog
Fatigue
Headaches/migraines
Hot flashes
Palpitations
Night sweats
Osteoporosis
Increase risk of CVD

Changes to hair and nails
Loss of muscle mass
Weight gain especially in the mid section
Joint pain
Period changes
Low libido
Painful sex/ dry vagina
Frequent urinary tract infections
Incontinence
Sleep disturbance



AGING?



Topics

1. Menstrual Miracle
2. Period Progress
3. Hormonal Havoc
- 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 !

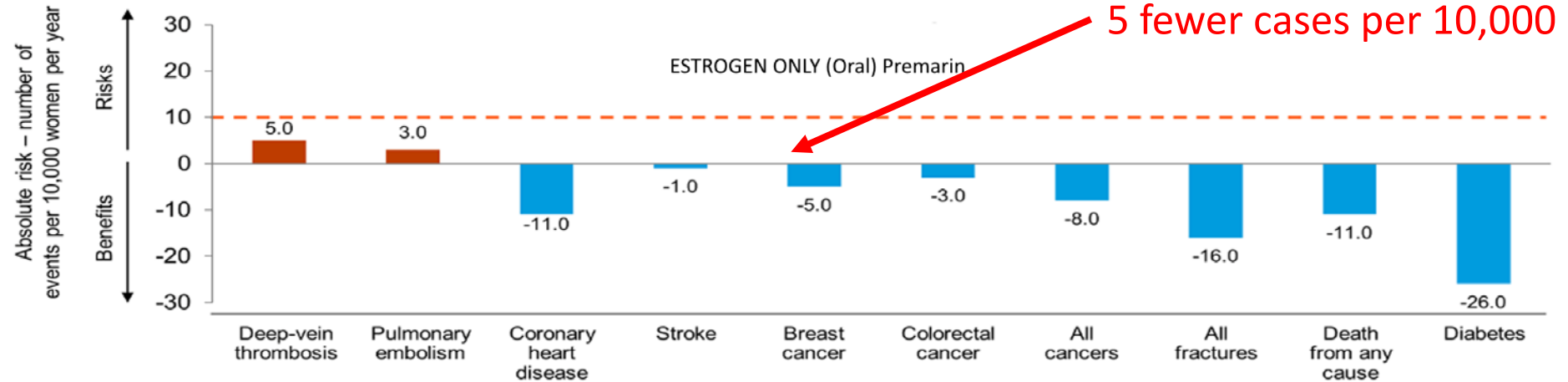
- WHI – Women's Health Initiative, started mid 90's
- 160,000 women – multiple different studies, cost \$1B in today's dollars.
- Randomized, double-blind, placebo-controlled study of Estrogen + Progestin (PremPro) or Estrogen only (Premarin).
- July 2002 – press conference announced study being terminated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

WHI - UGH

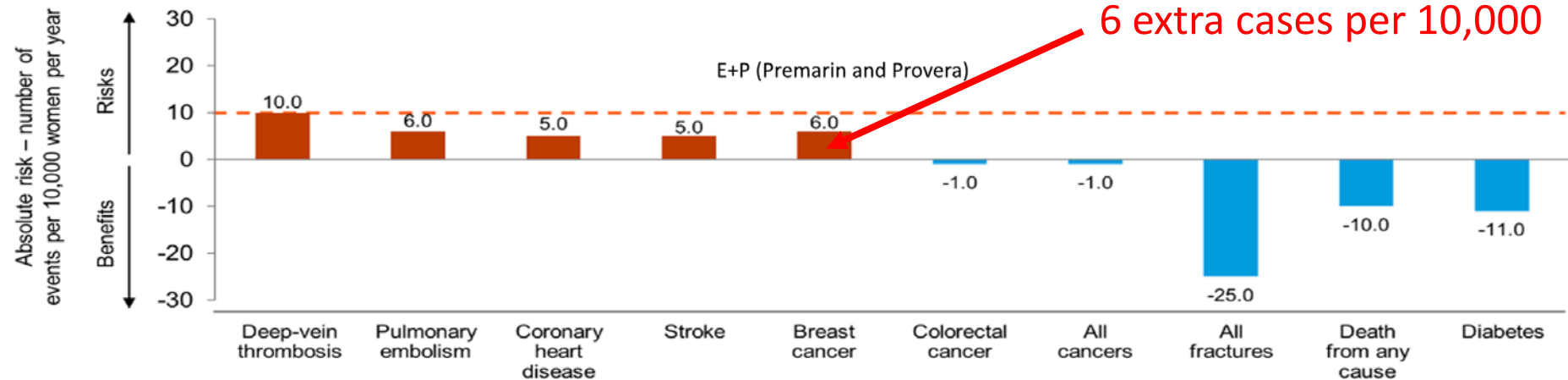
- Average age of participants – 63. Had to be asymptomatic!
- Study was for heart disease, not cancer
- Placebo group included women who never took hormones AND also women who previously took hormones
- Higher breast cancer in E+P group was later proven to be due to LOWER than expected breast cancer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

WHI – data (ages 50-59)

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.

JAMA September 12, 2017 Volume 318, Number 10

© 2017 American Medical Association. All rights reserved.

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 Hoeg, 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

JAMA - Published online November 10, 2025 (doi: 10.1001/jama.2025.22259)

Topics

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

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)

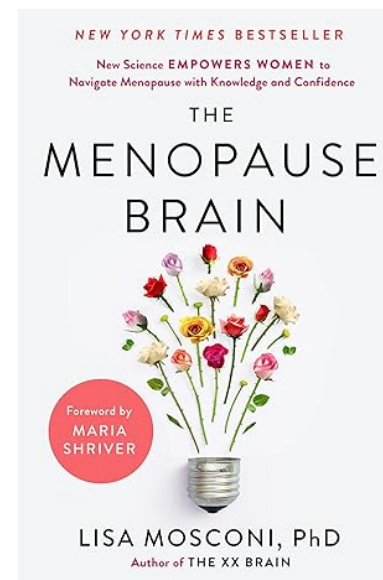
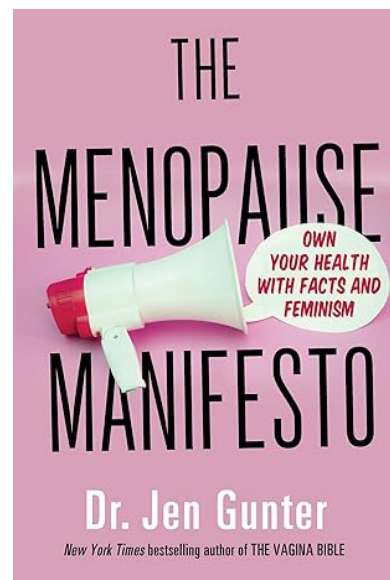
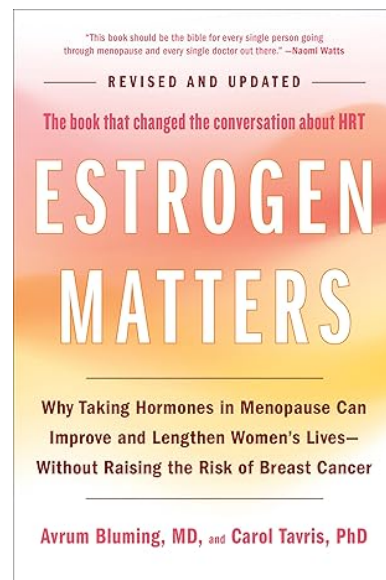
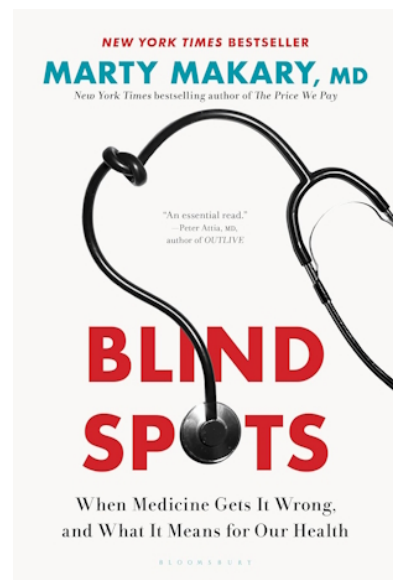
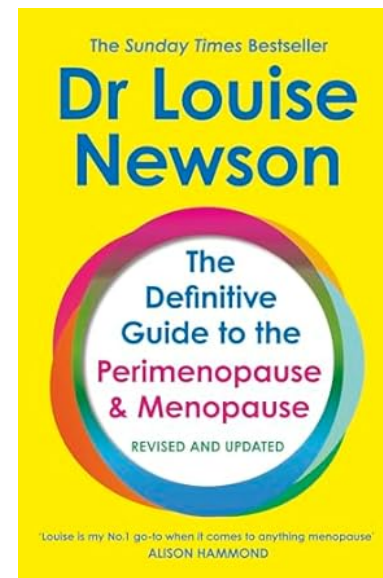
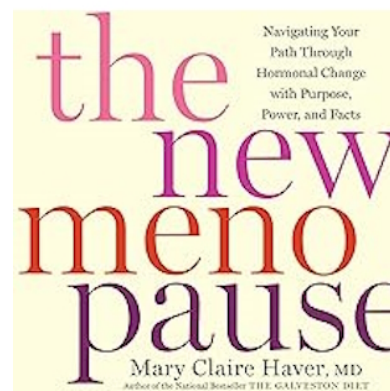
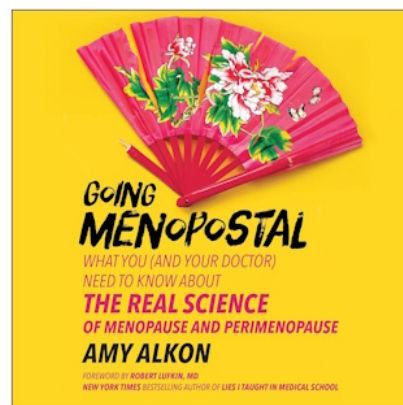
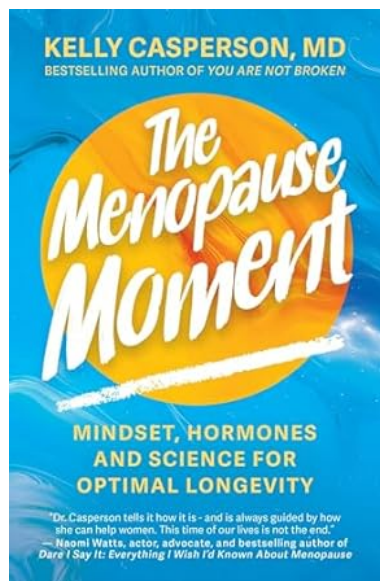
Testosterone – not FDA approved but used by millions of women

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.

???

RESOURCES

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

email

Bryan.jick@huntingtonhealth.org