



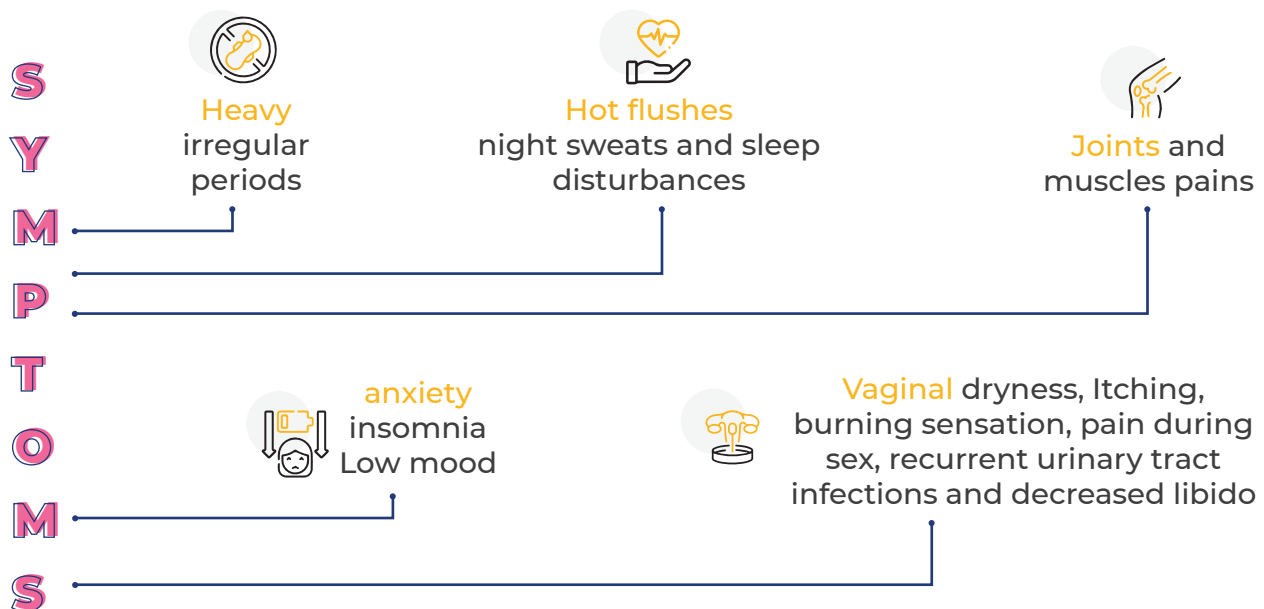
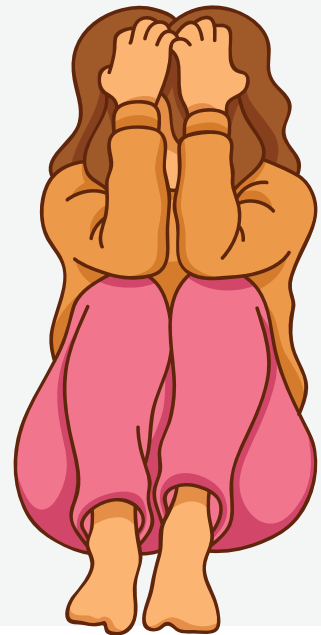
MENOPAUSE & MANAGEMENT



BROWNLOW
HEALTH

Health in the heart of the city

- Menopause is the cessation of periods for more than 12 months
- The average age of menopause in the UK is 51 years



Different women can experience these symptoms with variable intensities

WHAT TO EXPECT AT THE GP

History taking to elaborate on

- ① Other medical problems
- ② Current medications in use
- ③ Current use of contraception
- ④ History of smoking, alcohol intake, diet and exercise
- ⑤ If up to date with cervical smears
- ⑥ previous treatments including pelvic surgery, chemo or radiotherapy
- ⑦ Risk assessment
 - Falls and previous fractures
 - Heart disease and strokes
 - Blood clotting
 - Breast cancer

Clinical examination

- ① weight, height, heart rate and blood pressure
- ② BMI
- ③ You will be advised to do a self breast examination



FIRST STEP IN TREATMENT IS YOUR LIFESTYLE

- ① 150 minute walking per week plus exercises like yoga
- ② Avoidance of triggering foods or drinks like spicy foods and caffeine
- ③ Stress relief
- ④ Herbal medicine over the counter not recommended
- ⑤ Smoking cessation
- ⑥ Maintaining a healthy and balanced diet

HRT IS ONE WAY OF TREATING SYMPTOMS OF MENOPAUSE

Benefits

- 1 Menopausal symptom control
- 2 Helps to maintain bone mineral density and protect from fragility fractures
- 3 Impact on existing health conditions can be avoided by using transdermal preparations
- 4 In otherwise healthy women below 60 years of age, benefits outweigh the risks

Risks

- 1 oral treatment can be associated with an increased risk of blood clotting
- 2 Risk of breast cancer?

for more information
<https://www.managemymenopause.co.uk>

Women's
Health
Concern

www.womens-health-concern.org
Reg Charity No: 279651
Company Reg No: 1432023

For every 1000 women aged between 50-59 over the course of 5 years

23 cases of breast cancer diagnosed in the UK general population



An additional four cases in women on combined hormone replacement therapy (HRT)



Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink 2 or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Seven fewer cases in women who take at least 2½ hours moderate exercise per week



BMS
British
Menopause
Society

www.thebms.org.uk
Reg Charity No: 1015144
Company Reg No: 02759439



ORAL OR TRANSDERMAL

you should use transdermal if:

- 1 Identified risk of blood clots
- 2 poor symptom relief on oral preparations
- 3 Bowel disease that can affect absorption
- 4 Poor compliance with medications
- 5 Your preference



AVOID HRT IF :

- 1 Undiagnosed vaginal bleeding
- 2 Suspected breast, ovarian or uterine cancers
- 3 Liver diseases with deranged liver function tests
- 4 Current blood clots or vascular diseases
- 5 If pregnant





METHODS

	COMBINED SEQUENTIAL	CONTINUOUS COMBINED	ESTROGEN ONLY	VAGINAL OESTROGEN
Adminstration	Oestrogen alone for 12-14 days followed by both Oestrogen and Progestogen for 14 days	Daily combined oestrogen and Progestogen	To take daily	Daily for two to three weeks then twice a week
Indication	Perimenopause + If you have a uterus	Menopause + If you have a uterus	if you don't have a uterus	vaginal dryness and genitourinary symptom
Bleeding	Withdrawal bleed which is less heavy and painful than natural period	Unpredictable for 3-6 month	not applicable	no effect towards bleeding

**EXPECT IMPROVEMENT TO HOT FLUSHES IN 1-3 MONTH
AND TO VAGINAL DRYNESS IN 3-6 MONTH**

ADVERSE EFFECTS

Oestrogen related

- Headaches
- Nausea
- Breast tenderness
- Nipple sensitivity

Progesterone related

- PMS like symptoms
- Acne
- Bloating

HRT DOES NOT PROVIDE CONTRACEPTION

If >50 years, use contraception for 1 year after last period

If <50 years, use contraception for 2 years after last period

Mirena can be used as the progestogenic component of HRT
POP can be used along side HRT

REFERENCES

- NICE CKS
- RCOG
- BMS
- Berkshire West Integrated Care System
- Oxford handbook

FOR MORE INFORMATION

www.thebms.org.uk
<https://coppafeel.org>

www.menopausematters.co.uk
www.daisynetwork.org.uk

