



# Lets talk menopause

DR CALISIR





# What is happening to me

Hot flushes

Night sweats

Dry skin, hair, vagina

Loss of libido

Joint aches

Tiredness

Palpitations

Headaches

Anxiety

Mood swings

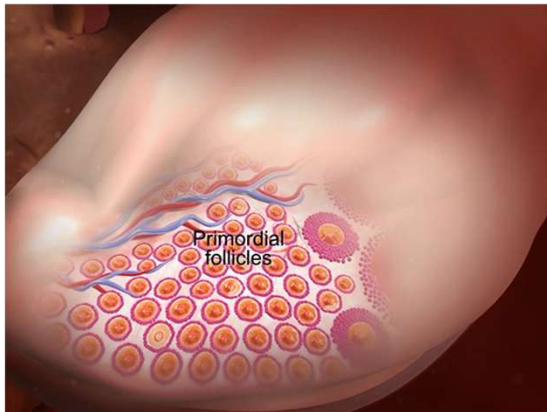
Irritability/ overwhelmed

Brain fog

Memory problems

Sleep troubles

# Why now?





What  
can I do  
about it?

What can  
you do for  
me?



Health check

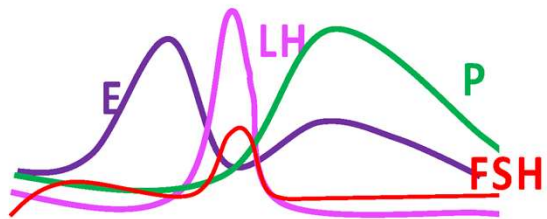
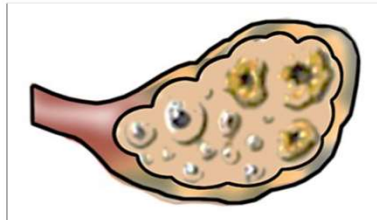
HRT

Lifestyle advice

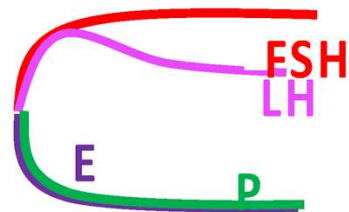
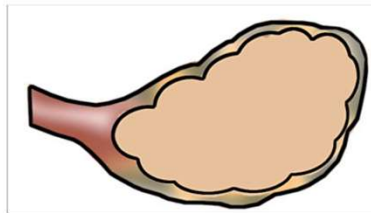
HRT alternatives

# Hormone Replacement Therapy

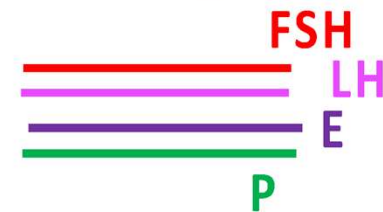
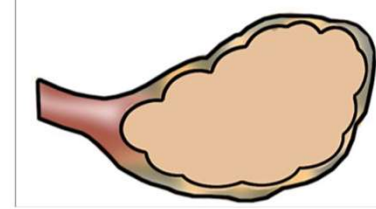
**A. Reproductive age**

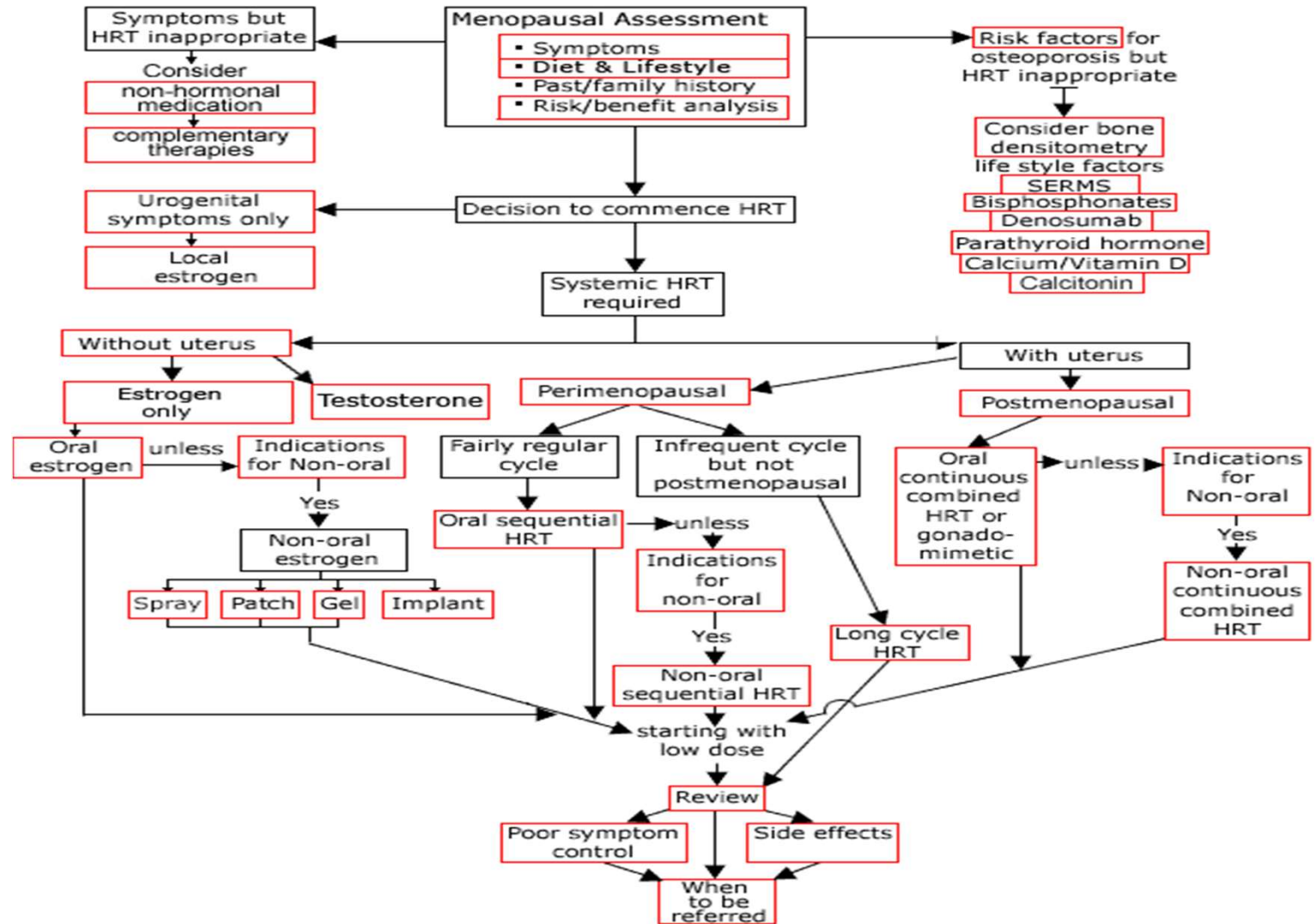


**B. Post-menopausal**



**C. Post-menopausal on HRT**





# HRT

- ▶ Oestrogen only

No uterus or Mirena coil ( 5 yrs)

- ▶ Vaginal pessary oestrogens

No extra risk and great for top up.

- ▶ Oestrogen + progesterone (combined HRT)

Patch/ gel /spray

Tablets

oestrogens are all naturally occurring!

Utrogestan- bioidentical progesterone





What  
about  
risks



|  | Risks over 5 years use<br>(with no use or 5 years<br>current HRT use) |   | Total risks up to age 69<br>(after no use or after<br>5 years HRT use <sup>†</sup> ) |   | Risks over 10 years<br>(with no use or 10<br>years current HRT use) |   | Total risks up to age<br>69<br>(after no use or after<br>10 years HRT use <sup>†</sup> ) |   |
|--|---|---|--|---|---|---|--|---|
|  | Cases per<br>1000<br>women<br>with no<br>HRT use                      | Extra cases<br>per 1000<br>women<br>using HRT | Cases per<br>1000<br>women<br>with no<br>HRT use                                     | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT | Cases per<br>1000<br>women<br>with no<br>HRT use                    | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT | Cases per<br>1000<br>women<br>with no<br>HRT use   | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT |
| <b>Risks associated with combined estrogen-progestogen HRT</b> |   |   |  |   |   |   |  |   |
| Breast cancer  | 13  | +8  | 63   | +17   | 27  | +20   | 63   | +34   |
| Sequential HRT   | 13  | +7  | 63   | +14   | 27  | +17   | 63   | +29   |
| Continuous combined HRT  | 13  | +10   | 63   | +20   | 27  | +25   | 63   | +40   |
| Endometrial cancer   | 2   | -   | 10   | -   | 4   | -   | 10   | -   |
| Ovarian cancer   | 2   | + <1  | 10   | + <1  | 4   | +1  | 10   | +1  |
| Venous thromboembolism<br>(VTE) <sup>§</sup>                   | 5   | +7  | 26   | +7  | 8   | +13   | 26   | +13   |
| Stroke   | 4   | +1  | 26   | +1  | 8   | +2  | 26   | +2  |
| Coronary heart disease<br>(CHD)                                | 14  | -   | 88   | -   | 28  | -   | 88   | -   |
| Fracture of femur  | 1.5   | -   | 12   | -   | 1   | -   | 12   | -   |





|  | Risks over 5 years use<br>(with no use or 5 years<br>current HRT use) |   | Total risks up to age 69<br>(after no use or after<br>5 years HRT use <sup>†</sup> ) |   | Risks over 10 years<br>(with no use or 10<br>years current HRT use) |   | Total risks up to age<br>69<br>(after no use or after<br>10 years HRT use <sup>†</sup> ) |   |
|--|---|---|--|---|---|---|--|---|
|  | Cases per<br>1000<br>women<br>with no<br>HRT use                      | Extra cases<br>per 1000<br>women<br>using HRT | Cases per<br>1000<br>women<br>with no<br>HRT use                                     | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT | Cases per<br>1000<br>women<br>with no<br>HRT use                    | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT | Cases per<br>1000<br>women<br>with no<br>HRT use   | Extra<br>cases<br>per 1000<br>women<br>using<br>HRT |
| <b>Risks associated with estrogen-only HRT</b> |   |   |  |   |   |   |  |   |
| Breast cancer                                  | 13  | +3  | 63   | +5  | 27  | +7  | 63   | +11   |
| Endometrial cancer                             | 2   | +4  | 10   | +4  | 4   | +32   | 10   | +32   |
| Ovarian cancer                                 | 2   | +<1   | 10   | +<1   | 4   | +1  | 10   | +1  |
| Venous thromboembolism<br>(VTE) <sup>§</sup>   | 5   | +2  | 26   | +2  | 10  | +3  | 26   | +3  |
| Stroke   | 4   | +1  | 26   | +1  | 8   | +2  | 26   | +2  |
| Coronary heart disease<br>(CHD)                | 14  | -   | 88   | -   | 28  | -   | 88   | -   |
| Fracture of femur                              | 0.5   | -   | 12   | -   | 1   | -   | 12   | -   |



## Who shouldn't have HRT?

Pregnancy

Undiagnosed abnormal vaginal bleeding

Active or recent blood clot or myocardial infarction (heart attack)

Suspected or active breast or endometrial (womb) cancer

Active liver disease with abnormal liver function tests

# What about alternatives

Lack of control over supplements

Lack of evidence on benefit vs risk

What works:

- **CBT – for anxiety, mood swings, sleep problems**
- **St John's wort**
- **Plant oestrogens ( red clover, soy)**

Potentially harmful: Black cohosh

# What should I do next

Think about your :

- **symptoms and their effect on your life**
- **family history, are there any early heart disease/ stroke/clotting problems? What about breast/ovarian/ testicular cancer on your mother's side?**
- **weight, your diet, your exercise habits? Can you improve them?**

Talk to your GP, talk to your boss, talk to your friends, talk to women in the family.

Lets talk menopause!

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Q&A