

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

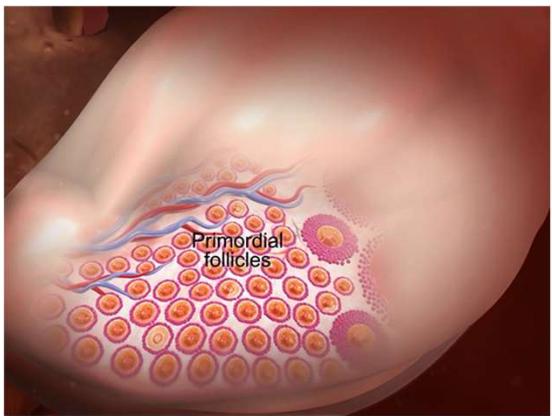
Irritability/ overwhelmed

Brain fog

Memory problems

Sleep troubles

Why now?





What
can I do
about it?



What can
you do for
me?

Health check

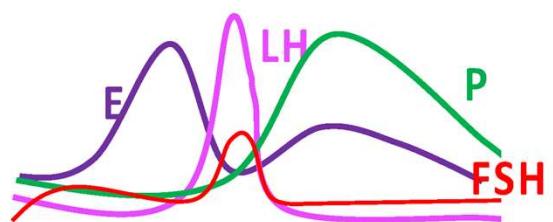
HRT

Lifestyle advice

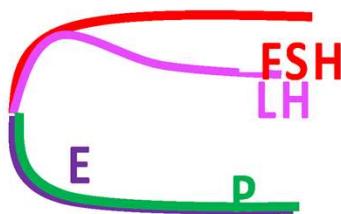
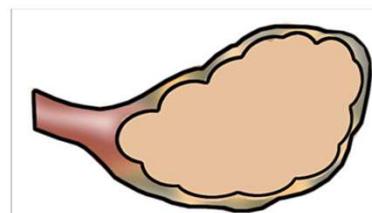
HRT alternatives

Hormone Replacement Therapy

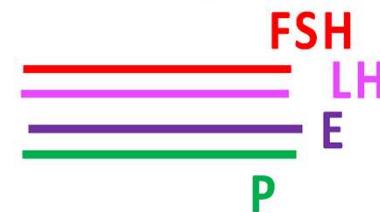
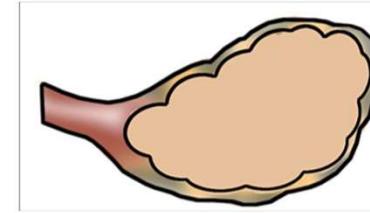
A. Reproductive age

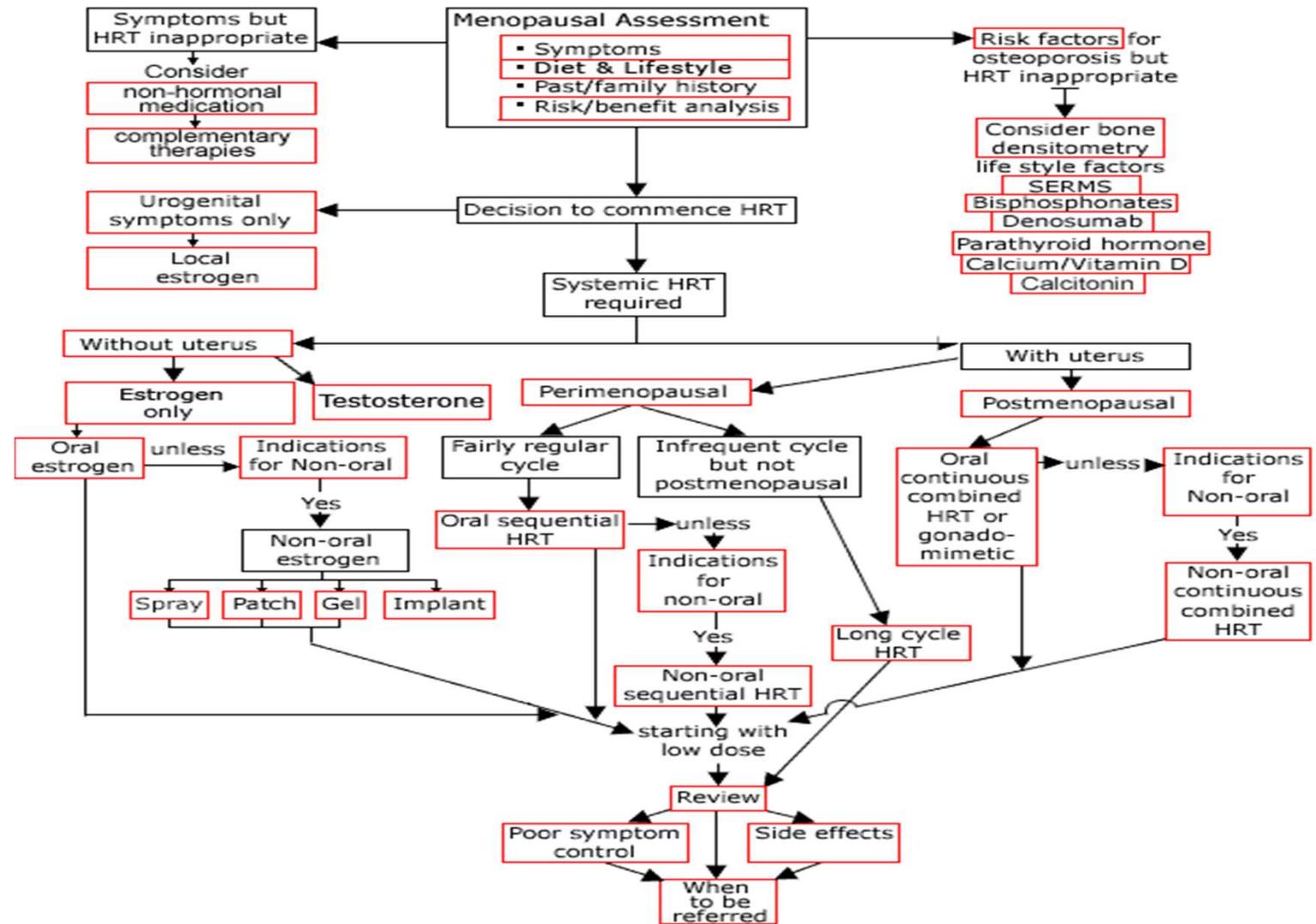
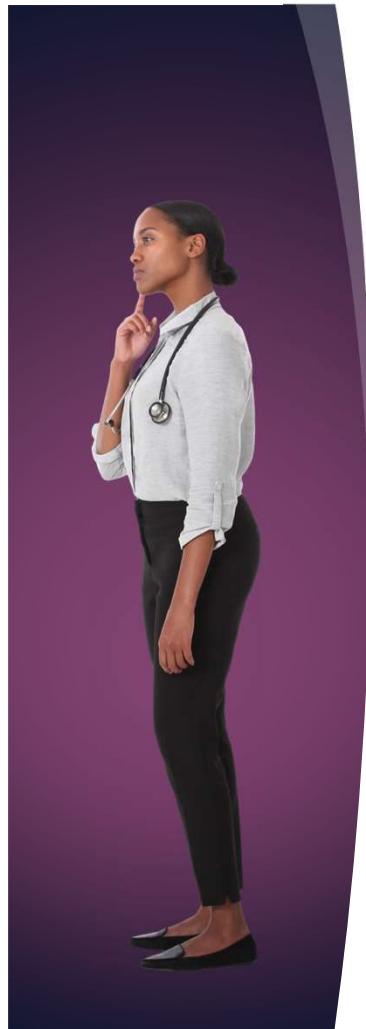


B. Post-menopausal



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 (with no use or 5 years current HRT use)		Total risks up to age 69 (after no use or after 5 years HRT use ¹)		Risks over 10 years (with no use or 10 years current HRT use)		Total risks up to age 69 (after no use or after 10 years HRT use ¹)	
	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT
Risks associated with combined estrogen-progestogen HRT								
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 (VTE) ⁵	5	+7	26	+7	8	+13	26	+13
Stroke	4	+1	26	+1	8	+2	26	+2
Coronary heart disease (CHD)	14	-	88	-	28	-	88	-
Fracture of femur	1.5	-	12	-	1	-	12	-





	Risks over 5 years use (with no use or 5 years current HRT use)		Total risks up to age 69 (after no use or after 5 years HRT use [†])		Risks over 10 years (with no use or 10 years current HRT use)		Total risks up to age 69 (after no use or after 10 years HRT use [†])	
	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT	Cases per 1000 women with no HRT use	Extra cases per 1000 women using HRT
Risks associated with estrogen-only HRT								
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 (VTE) [§]	5	+2	26	+2	10	+3	26	+3
Stroke	4	+1	26	+1	8	+2	26	+2
Coronary heart disease (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!

Q&A