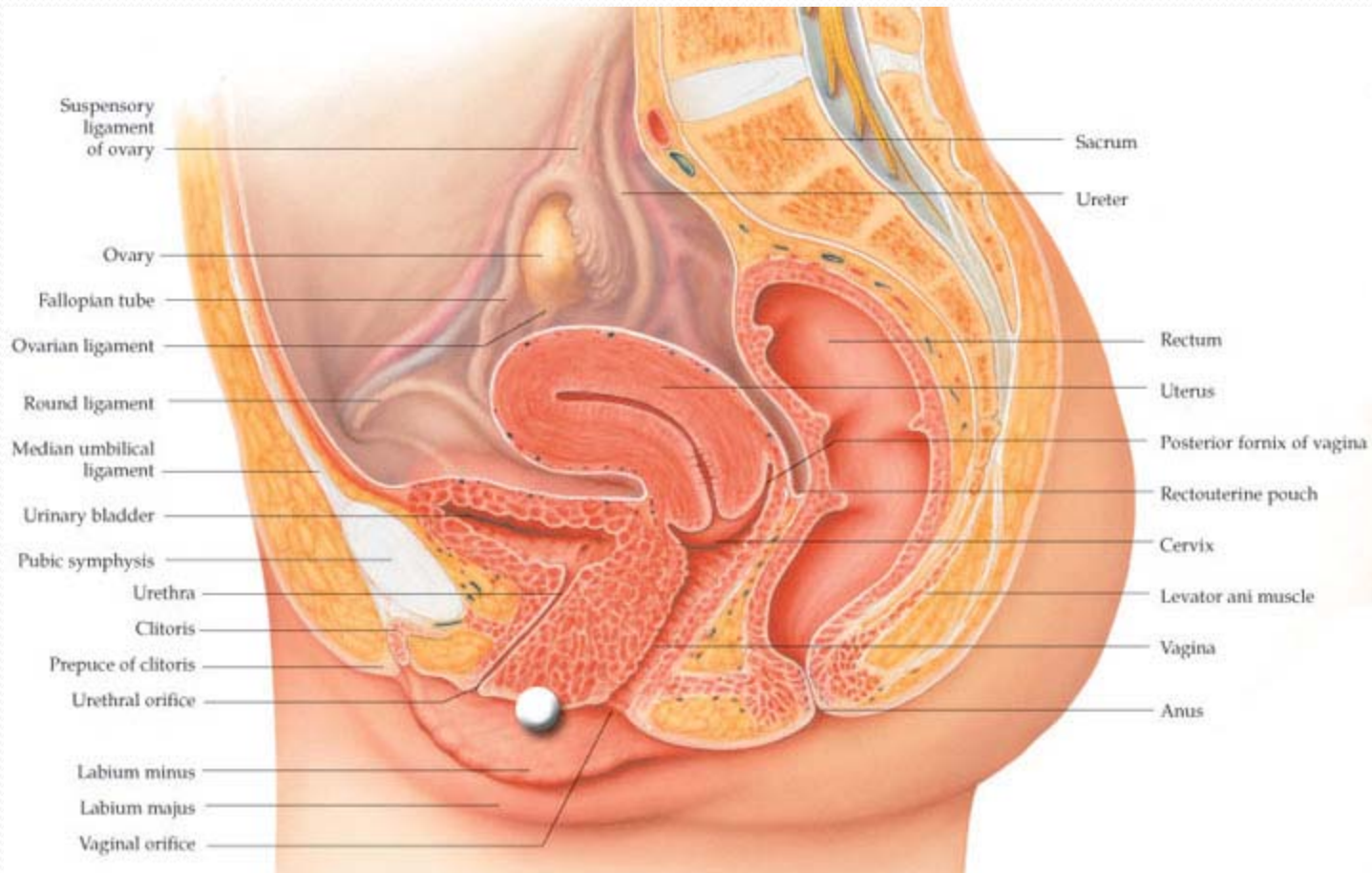


Aging Gracefully

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Anatomy of the Pelvis





YouTube Video

http://www.youtube.com/watch?v=6MQkFZKz9t8&feature=em-share_video_user



What is Menopause?

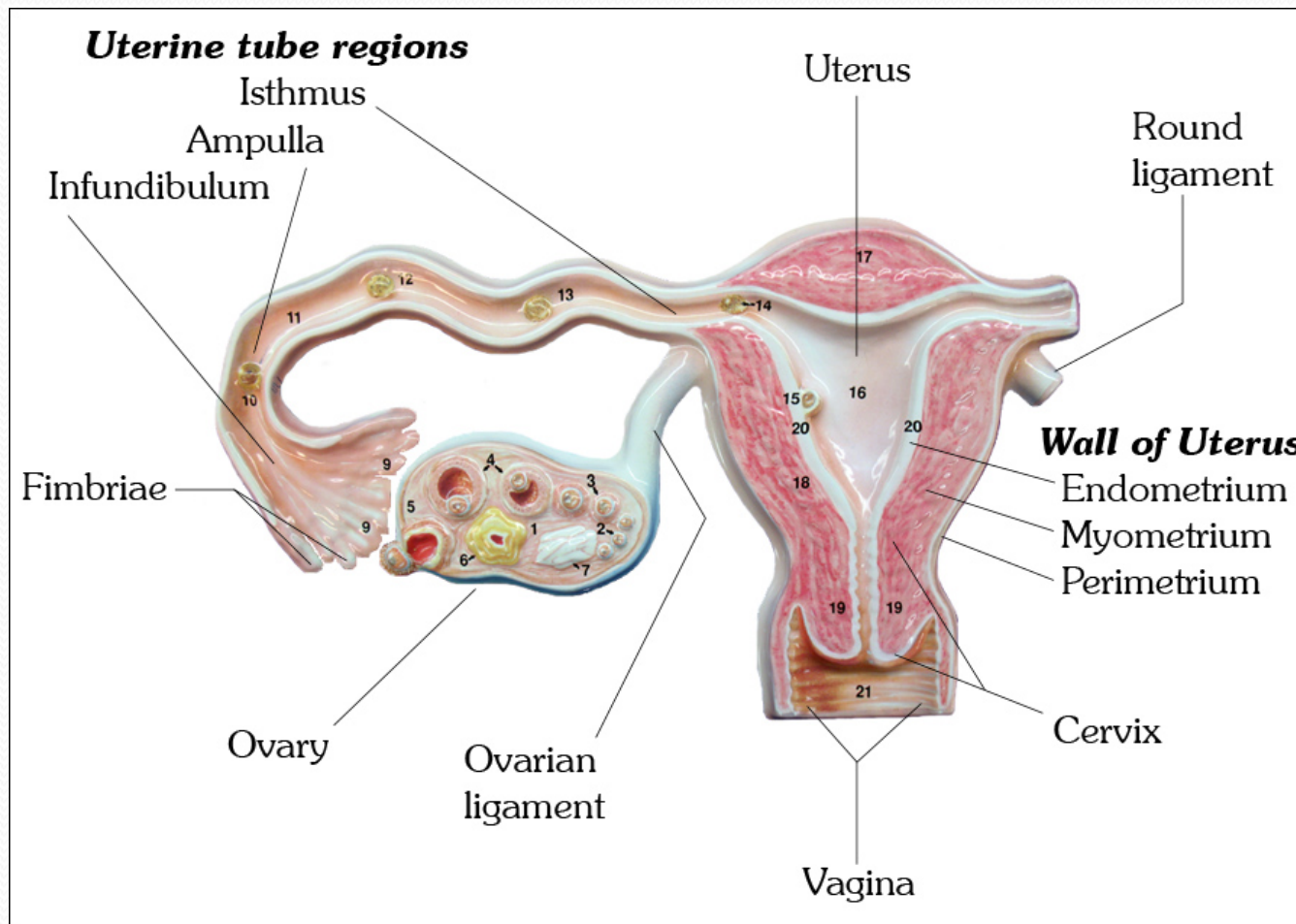
- Menopause is the time in a woman's life when she **stops having monthly periods**. At this time, her ovaries stop releasing eggs and stop making the hormones estrogen and progesterone. Menopause usually occurs **between the ages of 45 and 55**. The average age is **51**.
- Menopause is defined as no menstrual period for 12 months.



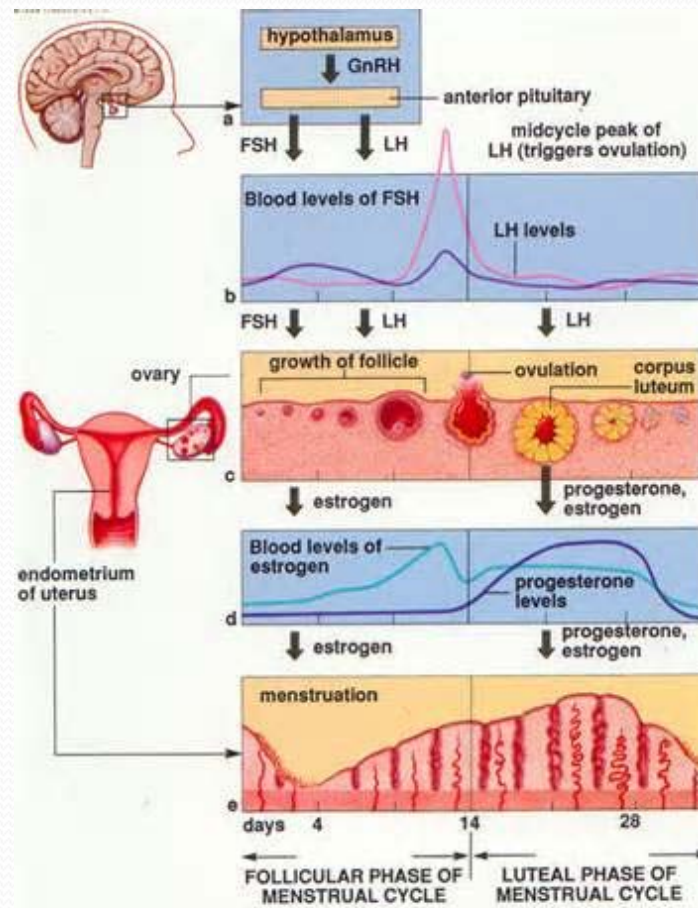
MENOPAUSE IS NOT A DISEASE

- Normal part of a women's aging.
- We all go through it.
- Everyone has symptoms and there are treatments for symptoms, but it doesn't go away and there's no cure for it.
- Life events go by and each decade has events

Reproductive Organs



Menstrual Cycle



Changing hormone levels during the menstrual cycle.



Am I Going Through Menopause?

- The early menopause stage starts when your menstrual periods first begin to change (become more or less frequent, more or less bleeding, skipped periods), and ends when you have your final menstrual period. This transition time is usually referred to as **“perimenopause.”**

Usual length of time for perimenopause is 4 years

The Stages of Reproductive Aging Workshop +10 staging system for reproductive aging in women

Stage	-5	-4	-3b	-3a	-2	-1	+1a	+1b	+1c	+2
Terminology	REPRODUCTIVE				MENOPAUSAL TRANSITION		POSTMENOPAUSE			
	Early	Peak	Late		Early	Late	Early		Late	
					Perimenopause					
Duration	Variable				Variable	1-3 years	2 years (1+1)	3-6 years	Remaining lifespan	
PRINCIPAL CRITERIA										
Menstrual cycle	Variable to regular	Regular	Regular	Subtle changes in flow/strength	Variable length: Persistent ≥ 7 -day difference in length of consecutive cycles	Interval of amenorrhea of ≥ 60 days				
SUPPORTIVE CRITERIA										
Endocrine FSH AMH Inhibin B			Low Low	Variable* Low Low	\uparrow Variable* Low Low	$\uparrow > 25$ IU/L* Low Low	\uparrow Variable Low Low	Stabilizes Very low Very low		
Antral follicle count			Low	Low	Low	Low	Very low	Very low		
DESCRIPTIVE CHARACTERISTICS										
Symptoms						Vasomotor symptoms Likely	Vasomotor symptoms Most likely			Increasing symptoms of urogenital atrophy

Arrow: elevated; FMP: final menstrual period; FSH: follicle-stimulating hormone; AMH: anti-müllerian hormone.

* Blood draw on cycle days 2 to 5.

- Approximate expected level based on assays using current international pituitary standard.

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What are the symptoms of menopause?

- **Hot flashes**-Hot flashes feel like a wave of heat that starts in your chest and face and then moves through your body. Hot flashes usually start happening before you stop having periods. 80% of women have this complaint.
- **Night sweats**-When hot flashes happen during sleep, they are called “night sweats”. They can make it hard to have a good night’s sleep.
- Obesity makes it worse

What are the symptoms of menopause?

- **Sleep Problems**-During the transition to menopause, some women have trouble falling or staying asleep. This can happen even if night sweats are not a problem.
- **Vaginal Dryness**-Menopause can cause the vagina to become dry and thin. This can be uncomfortable or make sex painful.
- **Depression**-During the transition to menopause, some women start having symptoms of depression, especially for women who have been depressed before. Symptoms include: **sadness, losing interest in doing things and sleeping too much or too little.**

Treatment of Symptoms

- Estrogen Replacement therapy
- Estrogen alone
- Estrogen with Progesterone
- SSRI
- SERM
- Weight loss
- Bioequivalent compounds: not enough data



Treatment for Symptoms

- Hot flashes/night sweats
 - ✓ estrogen (not with history of or high risk of breast cancer, CHD, blood clots or liver disease)
 - ✓ birth control pills (low dose)
 - ✓ SSRI's
 - ✓ most evidence suggests that alternative therapies such as soy and black cohosh are no more effective than placebo for reduction in hot flashes.
 - ✓ Gabapentin



Treatment for Symptoms

- Vaginal Drying
 - ✓ Lubricants
 - ✓ Vaginal estrogen is a very effective treatment for postmenopausal women with vaginal dryness or pain with intercourse. This is a treatment that women can continue for many years after menopause because it does not get into the bloodstream and increase the risk of breast cancer, heart attack, or stroke.

Special considerations

- Decreased Libido
- Sleep Disorders
- Women with history of breast cancer
- No SSRI with Tamoxifen
- WHI findings
 - increased risk for breast cancer in long term users
 - increased thrombotic events in pts with cardiac hx



THANK YOU

Questions?