



Treatment of Menopausal Symptoms

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Menopause

- u The permanent cessation of menstruation that occurs after the loss of ovarian activity.
 - u Average age 51
 - u 1 year after last menses
 - u 87% report vasomotor symptoms
 - u Up to 40% experience symptoms of vaginal atrophy

WHI Study results for 50-59 year olds

Combined estrogen-progestin therapy – Number of cases (additional or fewer) per 1000 women per five years of hormone use when compared with placebo:

- **Coronary heart disease (CHD)** – 2.5 additional cases
- **Invasive breast cancer** – 3 additional cases
- **Stroke** – 2.5 additional cases
- **Pulmonary embolism** – 3 additional cases
- **Colorectal cancer** – 0.5 fewer cases
- **Endometrial cancer** – No difference
- **Hip fracture** – 1.5 fewer cases
- **All-cause mortality** – 5 fewer events

• **Estrogen-alone therapy** – Number of cases (additional or fewer) per 1000 women per five years of hormone use when compared with placebo :

- **CHD** – 5.5 fewer cases
- **Invasive breast cancer** – 2.5 fewer cases
- **Stroke** – 0.5 fewer cases
- **Pulmonary embolism** – 1.5 additional cases
- **Colorectal cancer** – 0.5 fewer cases
- **Hip fracture** – 1.5 additional cases (of note, there was an overall decrease in all osteoporotic fractures in both the estrogen and combined estrogen-progestin groups)
- **All-cause mortality** – 5.5 fewer events

Hormone replacement therapy

Progesterone, estrogen, basedoxifene, CEE

- u Risks: WHI decreased Rx HRT by 80%
- u Benefits
- u Preparations
 - u Combination therapy with uterus
 - u Oral versus transdermal
 - u “Bioidentical”



Nonhormonal Prescription Therapy

- u **Veozah (fezolinetant)**

- u NK3 Receptor blocker (temperature regulation)
- u Possible hepatotoxicity (check LFT monthly 3 months, the 6 and 9 months)

- u **SSRI/SNRI**

- u Paxil is only FDA approved for vasomotor symptoms
- u Venlafaxine and Desvenlafaxine have been studied

- u **Gabapentin**

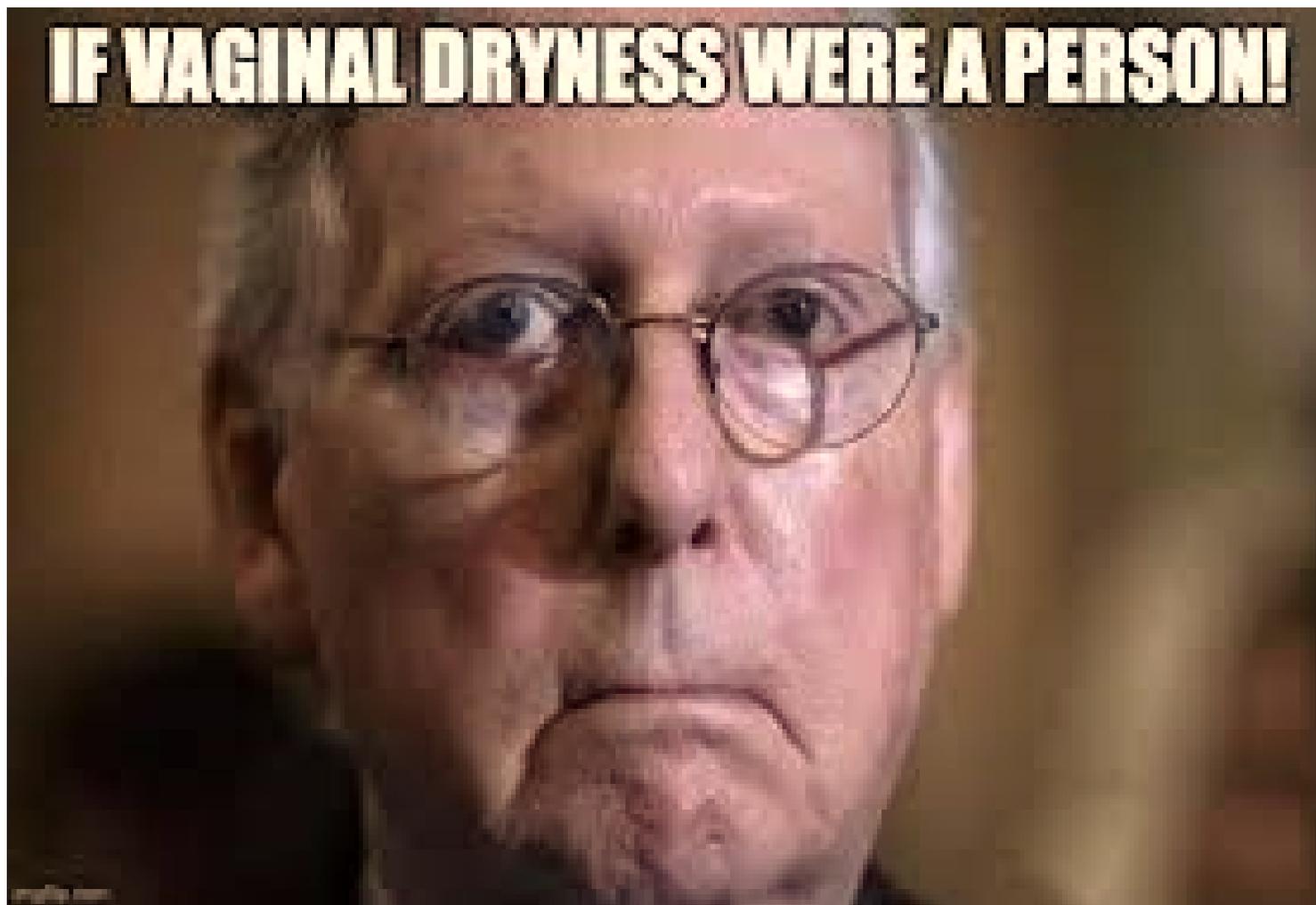
- u RCT showed hot flash reduction

Complementary Therapy (More data needed)

- u **Dong quai**
- u **Black Cohosh**
- u **Accupuncture**
- u **Phytoestrogens**
 - u Soy, yam, red clover



IF VAGINAL DRYNESS WERE A PERSON!



Treatment of Vaginal Atrophy

- u **Estradiol preparations** (cream, suppository, ring)
- u **Prasterone** (vaginal DHEA)
- u **Osphena** (Ospemifene)
 - u Estrogen receptor agonist/antagonist

CO2 laser or Radiofrequency?

