

Video Resources

Meet Carole

- 52 years
- Bothered by hot flushes for past 6 months with sleep disturbance
- LMP 6 months ago (irregular menses for previous 12m)
- Generally good health; well controlled hypertension
- Worries about weight gain

How would you manage Carole's concerns?

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Menopause Management Update
Prof Bronwyn Stuckey

Management options: intact uterus

- Transdermal estradiol preferred, combined patch:
 - one estradiol strength
 - two different progestin doses
 - cyclical and continuous regimens
- Transdermal estradiol plus oral progesterone /dydrogesterone may be associated with less adverse effects on the breast and less progestogenic side effects
- Transdermal or oral estradiol plus Mirena is a convenient regimen
- Oral combined therapy popular and convenient
- Tibolone has different characteristics to conventional MHT
 - Only post-menopausal women
 - Especially low libido
 - Breast tenderness & high breast density

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Menopause Management Update
Dr Elizabeth Farrell AM

Today

- Defining menopause
- Diagnosing menopause & menopausal symptoms
- The menopausal consultation
- Understanding menopausal hormone therapy (MHT) in 2016
- Non-hormonal options for vasomotor symptom relief
- A critical review of complementary and bioidentical therapies
- Management of urogenital symptoms of menopause
- Summing up!

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Menopause Management Update
Dr Sonia Davison

Menopause symptoms

- 80% of women
 - Vasomotor symptoms
 - Hot flushes
 - Night sweats
 - Sleep disturbances
 - Urogenital symptoms including:
 - Vaginal dryness
 - Other symptoms
 - Formication (itchy skin)
 - Joint pains
 - Difficulty concentrating
 - Irritability
 - Fatigue
 - Anxiety
 - Palpitations
 - Low mood
- 20% of women:
 - NO symptoms
 - SEVERE symptoms for > 5 years

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A Practical Guide and Update on Using HRT
in Practice – Dr Sonia Davison

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