



Menopause

How to Make it the Best 30 Years of Your Life

WHY MENOPAUSE?

- ✧ OBGYN's spend most of their time taking care of pregnant women and delivering babies
- ✧ I did not have adequate menopause knowledge
- ✧ Patients were suffering
- ✧ Potential to make significant impact
- ✧ After over 2500 deliveries, decided I was needed elsewhere

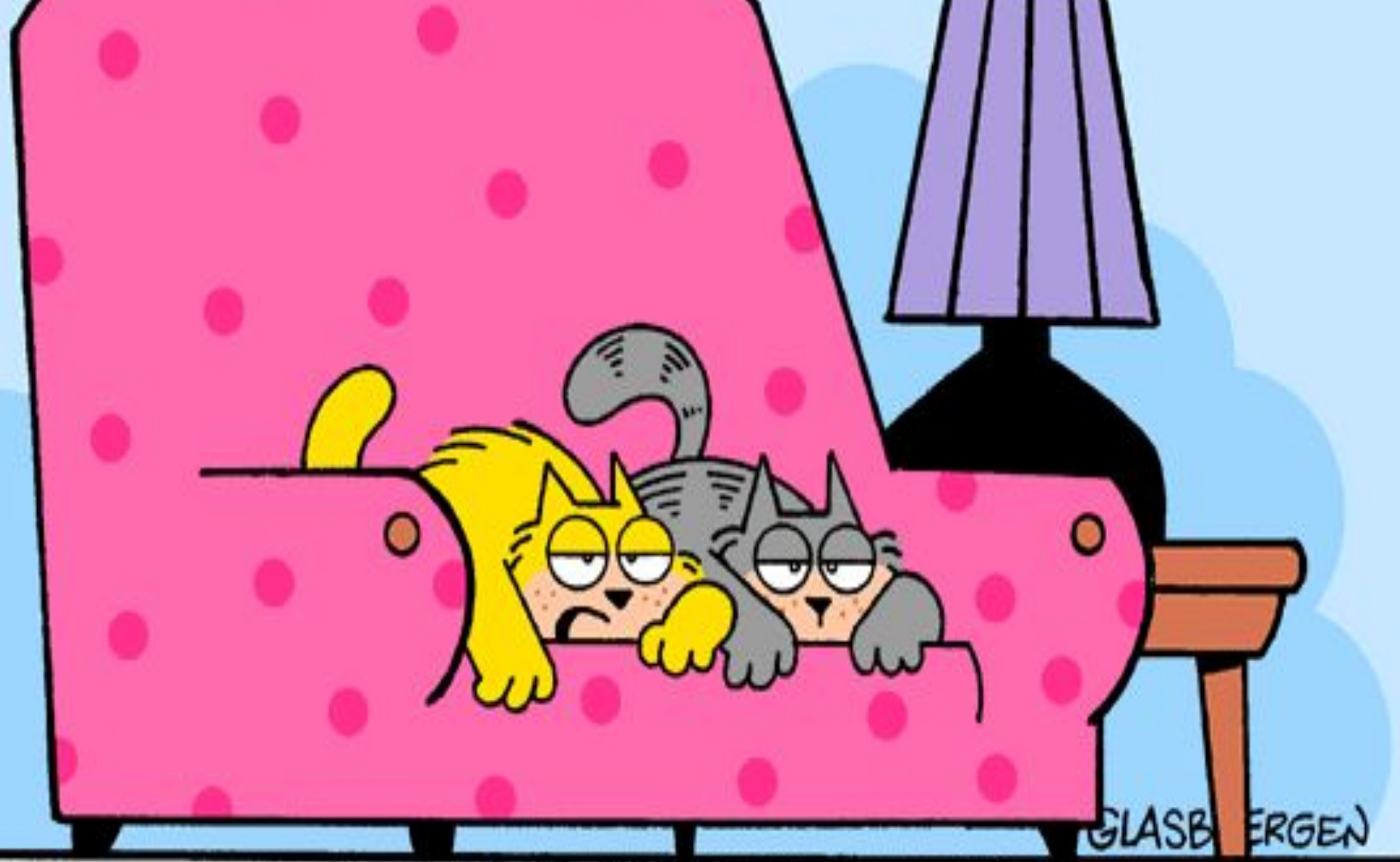
Menopause

- ✧ The average 50-year-old woman will spend 30 years in menopause
- ✧ About 1/3 of a woman's life
- ✧ It's a complex physiologic time of our lives
- ✧ Poorly understood by most women and their medical providers

3 in 4 Women Who Seek Help Don't Get It

Yale review of 500,000 medical claims of women in various stages of menopause

- ✧ 60% of women with severe symptoms sought help
- ✧ 3 in 4 were left untreated



“Having nine lives is cool, but if I have to go through menopause again, forget it!”

WE DON'T HAVE TO SUFFER

My Hope and Passion

- ✧ Educate
- ✧ Empower
- ✧ Improve quality of life

Our Strengths

- ✦ Gift of reproduction
- ✦ Constitutionally strong to sustain pregnancy
- ✦ Life expectancy 81 female, 76 male
- ✦ Better school performance
- ✦ College graduate 59% female, 42% male

It's Not Easy Being a Woman

- ✦ Gender pay gap is 74%-80%, despite the Equal Pay Act of 1963
- ✦ We pay more for most products
- ✦ Bear the burden of contraception
- ✦ Prior to ACA, paid 50% more for health insurance
- ✦ Gender bias in research which affects our health

Gender Bias in Research

- ✧ Not enough women are included in medical research studies
- ✧ Women are under represented as researchers in academic medicine

FDA Guideline

- ✧ 1977: FDA guideline to exclude any “premenopausal female capable of becoming pregnant” from phase 1 and phase 2 studies
- ✧ Designed to protect vulnerable populations from potentially harmful agents
- ✧ Women have still not recovered from this

U.S. Public Health Service Task Force

1985: U.S. Public Health Service Task Force on Women's Health Issues report:

- ✧ “The historical lack of research focus on women’s health concerns has compromised the quality of health information available to women as well as the health care they receive.”

1986: NIH established a policy for the inclusion of women in clinical research

- ✧ Policy urged rather than required compliance

Progress?

- ✧ Numerous guidelines and reports issued since from NIH and GAO (Government Accountability Office)
- ✧ There is still no required enforcement or compliance

Gender Differences

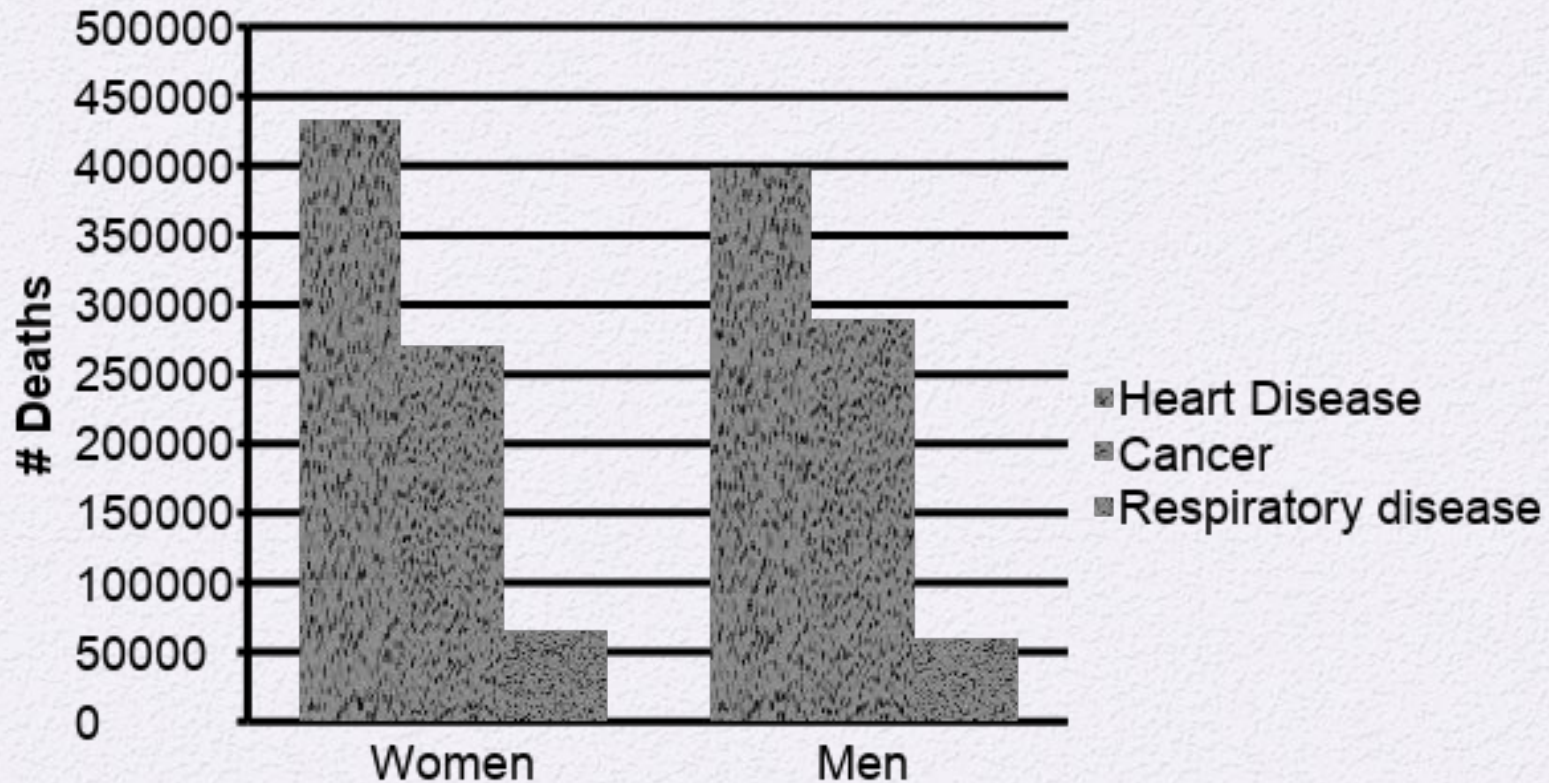
- ✧ Men and women can be biologically different
- ✧ May react differently to medications
- ✧ May present differently with pathology

Medication Example

Naltrexone: FDA approved for use in alcohol and opiate dependence to prevent opiate effects

- ✧ Men - reduction in both use and severity
- ✧ Women - increase in both use and severity

Leading Cause of Death



Source: National Center for Health Statistics. National Heart, Lung, and Blood Institute

Heart Attack

Despite higher mortality rates, healthcare providers underestimate CVD risk in women

- ✧ Are less likely to receive aspirin, heparin, beta-blockers, cardiac catheterization, angioplasty, and bypass surgery after heart attack
- ✧ Are referred for invasive therapies later
- ✧ Have worse outcomes
- ✧ Are underrepresented in most clinical cardiac research

Heart Attack Symptoms

Men and Women:

- ✦ Squeezing chest pain, tightness, or pressure
- ✦ Shortness of breath
- ✦ Sweating
- ✦ Pain spreading to shoulders, neck, arm, or jaw
- ✦ Loss of consciousness

Symptoms More Common in Women

- ✧ Indigestion or gas-like pain
- ✧ Nausea
- ✧ Dizziness
- ✧ Weakness or fatigue
- ✧ Discomfort or pain between the shoulder blades
- ✧ Sense of impending doom

Act Quickly

- ✧ Immediate medical care can lessen damage to the heart
- ✧ Dial 911 for an ambulance as they're equipped for an arrhythmia and cardiac arrest
- ✧ every minute of delay:
 - ◆ More heart muscle damage
 - ◆ Greater chance of death

Menopause Defined

- ✧ One full year with no bleeding
- ✧ Average age 51
- ✧ Normal range 45 to 55
- ✧ Perimenopause starts 1 to 5 years prior

Late 40's Early 50's

- ✧ Career is peaking
- ✧ Teens at home
- ✧ Relationship stress
- ✧ Rarely are we supported in workplace
- ✧ Partner may not understand
- ✧ Little or no support from medical providers

Perimenopause

Symptoms May Include:

- ✧ Hot flashes
- ✧ Night sweats
- ✧ Insomnia
- ✧ Mood symptoms
- ✧ Memory loss, difficulty concentrating, brain fog
- ✧ Vaginal symptoms
- ✧ Low libido
- ✧ Thinning hair and excess hair growth
- ✧ Weight gain

Menopause

- ✧ Hot flashes, night sweats, mood symptoms and memory loss typically resolve but typically takes 3 to 8 years and up to 15.
- ✧ Vaginal symptoms
- ✧ Bladder issues and incontinence
- ✧ Libido
- ✧ Bone thinning and osteoporosis
- ✧ Weight gain – Slowed metabolism and less muscle mass
- ✧ Heart disease

Fear of Hormones

Many women and many providers think being on hormones can cause:

- ✧ Uterine cancer
- ✧ Breast cancer
- ✧ Heart attack
- ✧ Blood clots
- ✧ Stroke

The Truth About Hormones

- ✧ Uterine cancer is not increased if Estrogen is used with Progesterone
- ✧ Breast cancer risk is not increased in the first 4 years of use and not increased with Estrogen alone
- ✧ Heart attack risk is not seen in young healthy women on HRT age <60, <10 years menopausal
- ✧ Blood clot risk not increased if use transdermal estrogen
- ✧ No increased risk in overall mortality

Why Treat Hot Flashes?

It's clinically important to treat severe hot flashes

- ✧ more likely to develop type 2 diabetes
- ✧ Treatment in early menopause can reduce heart disease
- ✧ Prevent osteoporosis
- ✧ Prevent anxiety and depression

Vaginal Symptoms

Physiologic changes in a woman's life:

- ✧ Childbirth
- ✧ Weight fluctuations
- ✧ Menopause

May alter the laxity and tone of the vaginal canal and damage the pelvic floor

Menopause and the Vagina

- ✦ 100% of women have thinning of vaginal tissue
- ✦ Over half will experience adverse vaginal symptoms
- ✦ Affect on self confidence
- ✦ Affect on relationship and sexuality
- ✦ Reduce quality of life

Reduced Quality of Life

Menopause Journal 11/2018:

- ✧ Controlled study of menopausal women 45yo – 75yo with Vulvovaginal Atrophy (VVA)
- ✧ Designed to determine impact of VVA on quality of life

Women With Severe Symptoms:

- ✧ 66% Vaginal
- ✧ 31% Vulvar
- ✧ 11% Urinary

Reduced Quality of Life

Menopause Journal 11/2018 Study:

- ✧ Women with severe VVA reported a much worse quality of life
- ✧ Study shows women needlessly suffering as:
 - ◆ Don't discuss with their doctors (suffering in silence)
 - ◆ Are not aware it's treatable
 - ◆ Symptoms are trivial or not relevant
 - ◆ Will go away in time

Treatment

YOU DON'T HAVE TO SUFFER

- ✧ There are many proven and reliable treatment options available
 - ◆ Lubricants
 - ◆ Vaginal Estrogen
 - ◆ Pelvic floor physical therapy
 - ◆ Vaginal Laser

Lubricants

- ✦ Some can cause more harm than good
- ✦ Can affect Ph balance
- ✦ Ideal pH is 4.0

Lubricants

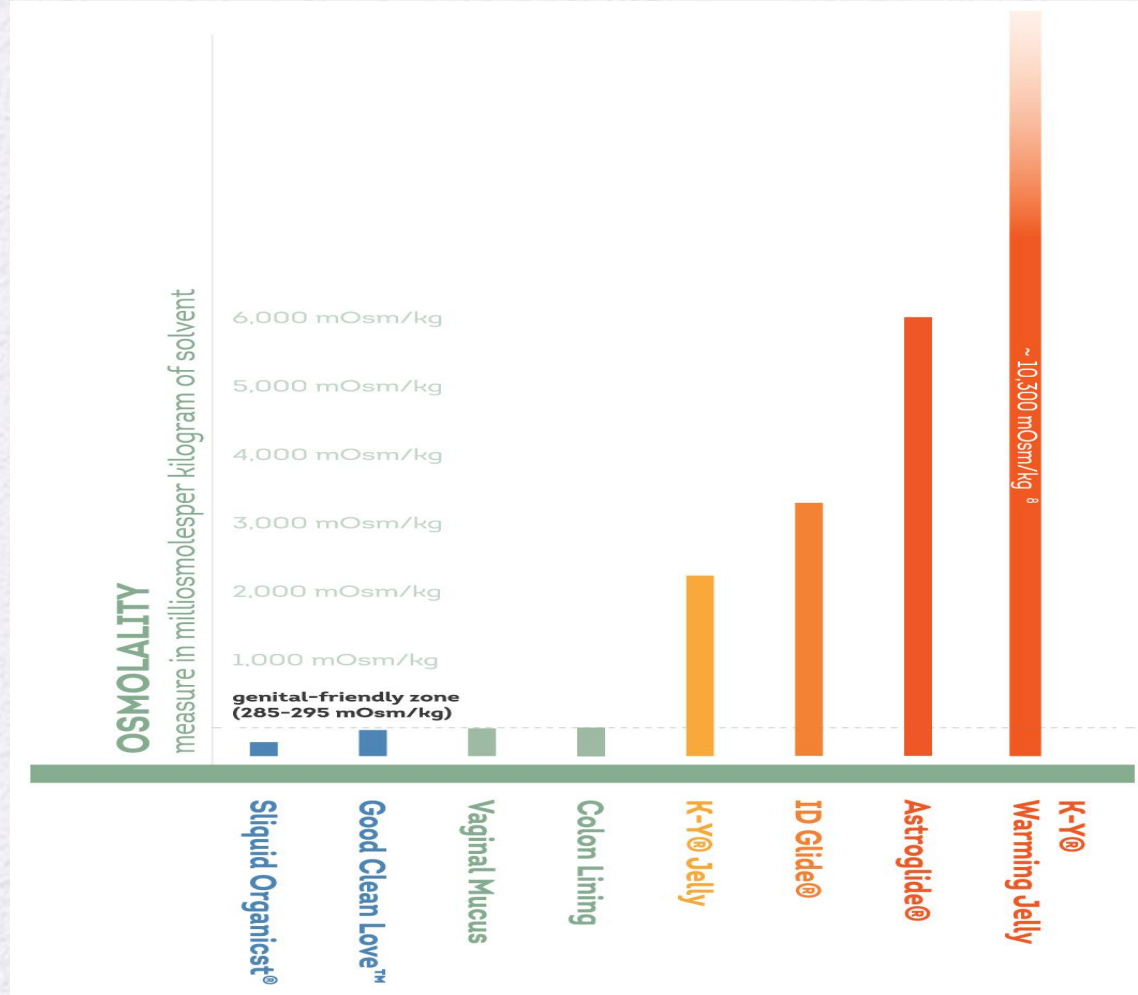
✧ Osmolality

- ✧ # of dissolved particles per unit of water
- ✧ Affects how water moves across cells
- ✧ Ideal 380 to 1200

✧ Lubricants with high osmolality

- ✧ pulls water out of cells
- ✧ Cell dehydration
- ✧ Cell death

Osmolality of Popular Lubricants



Lubricants

- ✦ Result is imbalance or elimination of normal vaginal bacteria
- ✦ Yeast infection
- ✦ Bacterial Vaginitis
- ✦ Increased risk of contracting STI
- ✦ Pain
- ✦ Need to use more lubricant

Lubricants

✧ Not Recommended:

- ◆ KY Jelly
- ◆ Astroglide

✧ Recommended

- ◆ Coconut oil – Natural and edible
- ◆ Replens
- ◆ Good Clean Love
- ◆ Pre-Seed

Vaginal Estrogen

- ✧ Ring “Estring”
 - ✧ Slowly releases estrogen over 3 months
- ✧ Vaginal pill “Vagifem”
 - ✧ Lowest dose
 - ✧ Used nightly for 2 weeks, then twice weekly
- ✧ Vaginal cream “Estrace” “Premarin”
 - ✧ Used nightly for 2 weeks, then twice weekly
- ✧ Vaginal softgel “Imvexxy”

Other Vaginal Medications

FDA approved for painful intercourse due to menopause

- ✧ DHEA “Prastarone or Intrarosa”
 - ✧ Not Estrogen so thought to be safe but is it?
 - ✧ Is converted to Estrogen and Testosterone
 - ✧ No black box warning

- ✧ Ospemifene
 - ✧ Works at the Estrogen receptor
 - ✧ Not recommended with history of breast cancer

The Black Box Warning

Black Box Warnings

Estrogen Alone Risk

- ✧ Endometrial Cancer: incr. endometrial CA risk
- ✧ incr. risk of stroke and DVT in postmenopausal women 50-79

Estrogen Plus Progestin Risk

- ✧ incr. risk of MI, stroke, and PE/DVT in postmenopausal women 50-79
- ✧ Breast Cancer: estrogen + progestin tx may incr. risk of invasive breast CA in postmenopausal

This scares patients and sometimes providers so women don't get the treatment they need

Vaginal Laser

- ✦ Energy devices using CO₂ or Erbium (Er Yag) Laser has been used in vagina for many years
- ✦ Most commonly used device in US is Mona Lisa Touch, FDA approved in 2014
- ✦ Over 5 million women treated world wide with Juliet Vaginal laser and FDA approved Jan 2018

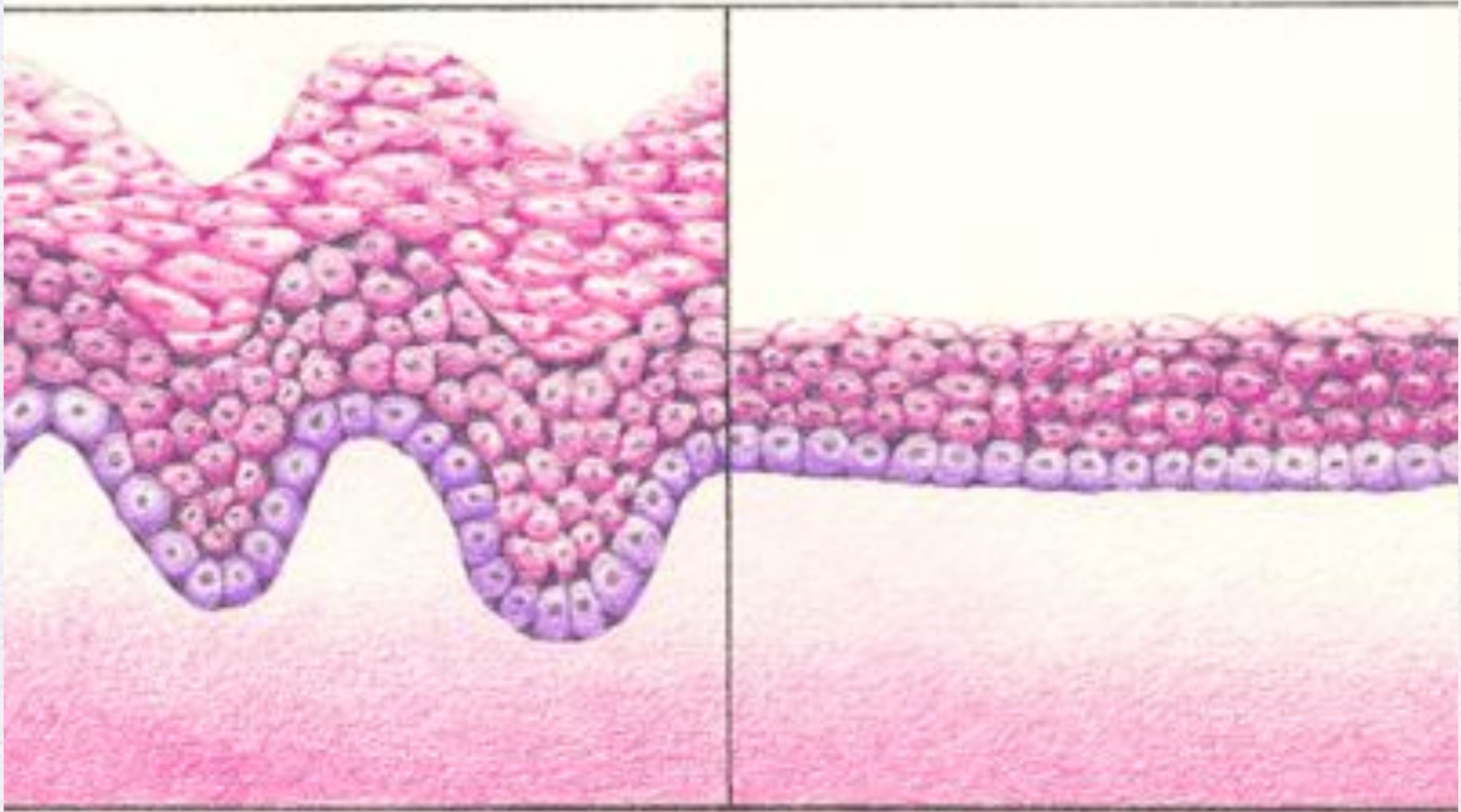
Juliet Laser



Benefits of Vaginal Laser

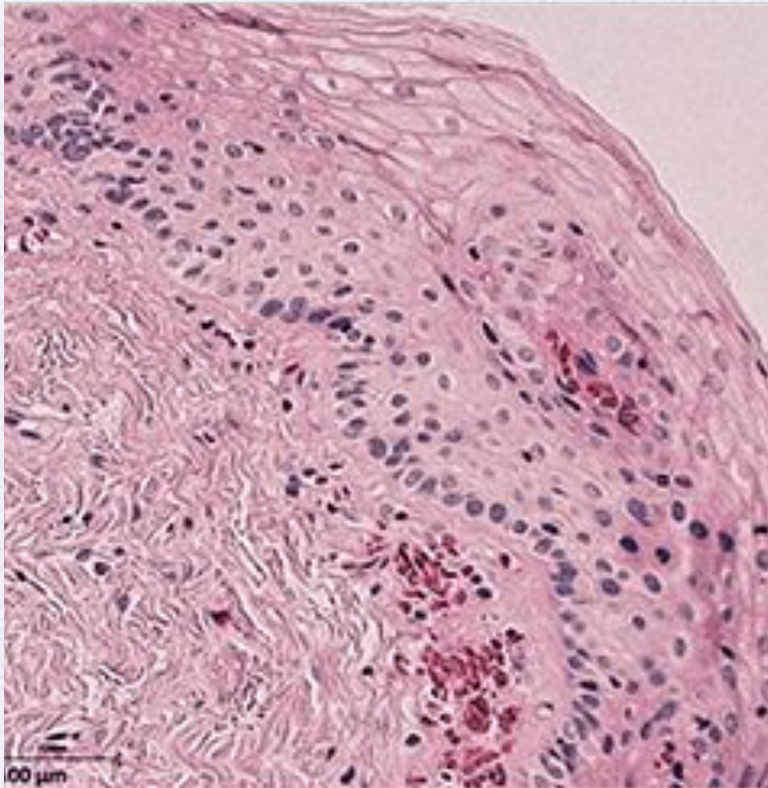
- ✧ Delivers energy to the various layers of the vaginal tissue resulting in:
 - ✧ collagen stimulation
 - ✧ Elastin fiber regeneration increasing elasticity
 - ✧ Neovascularization (increase in blood vessels)
 - ✧ Nerve fiber generation
 - ✧ Improved vaginal lubrication

Vaginal lining

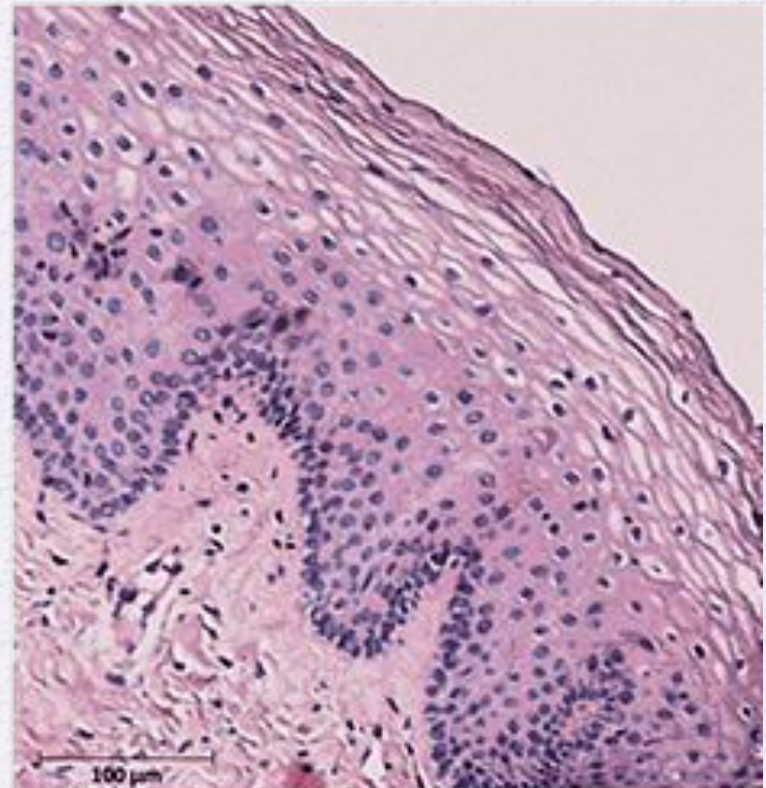


Histology

After a Single Treatment



Day 0 - before treatment



Day 7 - after 1 treatment

The Data

- ✦ Numerous studies showing significant improvement in symptoms due to menopause and urine incontinence
- ✦ Potential benefit in vulvar skin disorder, Lichen Sclerosis
- ✦ Although they are FDA approved for the use in the vagina, not yet approved for symptoms of menopause
- ✦ Need long term randomized controlled studies

What are my patients saying

- ✧ Improvement in stress urine incontinence
- ✧ Improvement in vaginal dryness
- ✧ Less or no pain with intercourse
- ✧ No longer bleeding after intercourse
- ✧ More sensation vaginally

Laser vs. Estrogen

- ✧ History of breast or other hormone related cancer
- ✧ Failed vaginal estrogen
- ✧ Estrogen side effects or allergic reaction
- ✧ Non compliance with estrogen
- ✧ In long run, vaginal estrogen may be more expensive for some patients

Conclusion

Chances are you, and/or 1 in 2 of your friends are suffering from menopause symptoms.

**YOU/THEY
DON'T HAVE TO
SUFFER**

