

The perimenopause & the menopause

Debate and Discussion

Park Lane Surgery June 8th 2023

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Perimenopause and Menopause

- Introduction
- HRT
- 25 years of HRT in General Practice, a GP perspective
- Resources
- Questions and Answers
- Discussion and debate

Symptoms of the perimenopause & menopause

Hot flushes

Night sweats

**Difficulty sleeping
insomnia**

Poor concentration

Fatigue

Tiredness

Poor memory

Bladder symptoms and discomfort

Stress and urge incontinence

Urinary tract infections

Vaginal dryness, discharge, bleeding

Reduced libido

Soreness and painful intercourse

Depression

Tension and anxiety

Irritability

Mood swings

Headaches

Bloating

Swelling hands and feet

Breast tenderness

Aching joints

Itching

Thinning hair

Palpitations

Chest pain with exertion

Abdominal weight gain

Periods lighter

Periods heavier

Irregular bleeding

New bleeding

Davina McCall

Menopause mandate group-lobby

- Mariella Frostrup
- Lisa Snowdon
- Penny Lancaster

TV Documentaries

Books

Social media

Podcasts

Dr Louise Newsom GP with a special
interest in menopause



50 then and now



Changes in HRT last 25 years

90's

HRT Symptomatic treatment and long term conditions

menopausal symptoms, post oophorectomy, prevention of osteoporosis, long term prevention of cardiovascular disease and reduction in colorectal cancer

Prempak C ,Premarin, Premique

Kliovance Kliofem

HRT in 90's and 00's



Changes in HRT 20 years ago

- **00's**

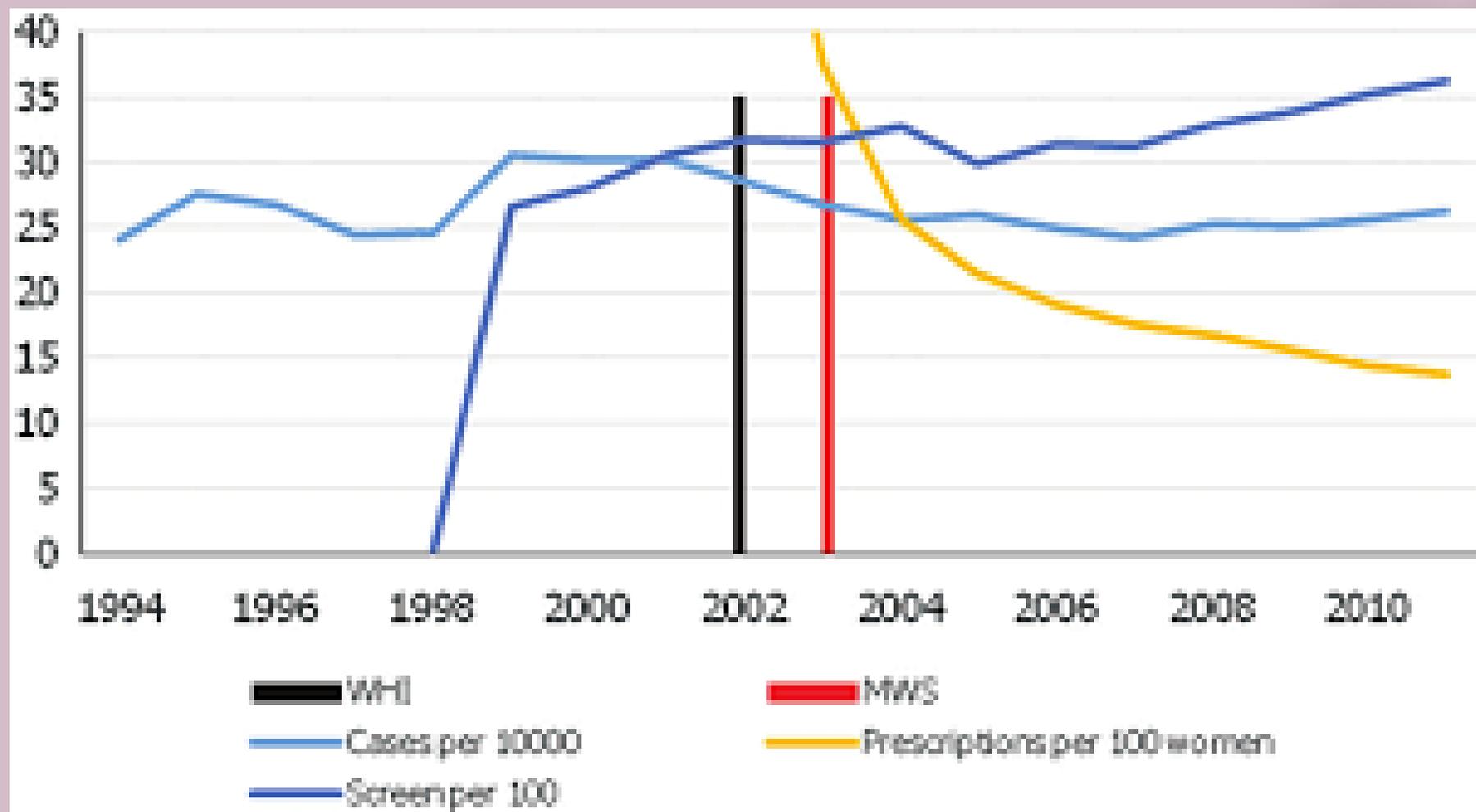
WHI 2002- LANDMARK study a set of trials (RCT) demonstrated higher incidence of stroke (Oestrogen alone and combined) and breast cancer (combined HRT)-stopped early hazard ratio breast cancer but not statistically significant. Average age 65 at start.

Only indication now *severe* symptoms of menopause

Estradiol and if needing progestogen-continuous/combined regime

Brands-ellest, evorel, femoston, kliofem,

Trends in HRT prescribing after WHI & MWS



Changes in HRT 10 years ago

- **2013 -WHI trial** reported **changing** position with cumulative long term follow up outcomes HRT. **No detrimental effect.**
- **2015- NICE guideline** published
- New HRT regimes, individualised treatments
- **2012 BMJ Window of opportunity** -if HRT initiated before 60 years 50% reduction in coronary heart disease

Understanding the risks of breast cancer



A confidential independent service for women and their partners

A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

Difference in breast cancer incidence per 1,000 women aged 50-59.
Approximate number of women developing breast cancer over the next five years.

NICE Guideline, Menopause: Diagnosis and management November 2015

23 cases of breast cancer diagnosed in the UK general population



An additional four cases in women on combined hormone replacement therapy (HRT)



Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink 2 or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Seven fewer cases in women who take at least 2½ hours moderate exercise per week



www.womens-health-concern.org
Reg Charity No: 279051
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Women's Health Concern is the patient arm of the BMS.
We provide an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

Go to www.womens-health-concern.org

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www.thelms.org.uk
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Company Reg No: 02739439

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Popular HRT types used currently on prescription only



Mirena

Licensed for:

for use HRT alongside systemic oestrogen by any route

Contraceptive-still needed in perimenopause

Menstrual bleeding



Localised HRT and alternatives available OTC



Present day & present day challenges

- HRT stigma gone and raised awareness of benefits short and long term
- Individualised treatment for perimenopausal and menopause management
- Transdermal HRT, mirena and utrogestan
- Serious shortages (SSP) of HRT currently utrogestan as discrepancy in supply and demand
- HRT Prepayment certificate HRT PPC

britbox



Resources

- [Park Lane Surgery Website](#)
- [British Menopause Society](#)
- [Balance Menopause-website and app](#) Dr Louise Newson
- [NHS. UK/conditions/menopause](https://www.nhs.uk/conditions/menopause)

Perimenopause & Menopause

- Thanks for your interest and attendance.
- Q&A
- Debate and discussion