

MENOPAUSE & HORMONE

WHAT IS MENOPAUSE



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WHAT'S MENOPAUSE?

- A condition of lack of female hormones, mostly estrogen (not by Progesterone)
- **Because** the ovaries stop producing females hormones (natural), usually between 48 and 52
- **Because** ovaries were removed surgically
 - Complete hysterectomy



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SYMPTOMS?

- Hot flashes
- Night sweating
- Sleeping problems
- Mood disturbances
- Vaginal atrophy & dryness
- Uncomfortable or painful sex
- Skin dryness & wrinkling
- Osteopenia or Osteoporosis

Variable
individually



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PROS OF HORMONE THERAPY

- Stop hot flashes
- Stop night sweats
- Stop sleeping problems
- Relieves dry and wrinkling skins
- Vaginal dryness and painful sex
- Improve bone health
- Reducing colon cancer



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CONS OF HORMONE THERAPY

- Small increase of breast cancer
- Small increase of heart disease
- Small increase of stroke
- Small increase of blood clotting
- No changes of uterine cancer
- No changes of ovarian cancer
- No changes of cervical cancer



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WHI STUDY (Women's Health Initiatives)

- It is important to address these side reactions in details because they are often exaggerated and falsely stated in many medias.
- **WHI study** is the biggest , reliable, well designed study, so far known for the hormonal effects on postmenopausal women
- Most of studies on hormone therapy before **WHI study** showed clear benefits of hormones therapy after menopause
- **WHI study** turned around this beneficial concepts to less beneficial.



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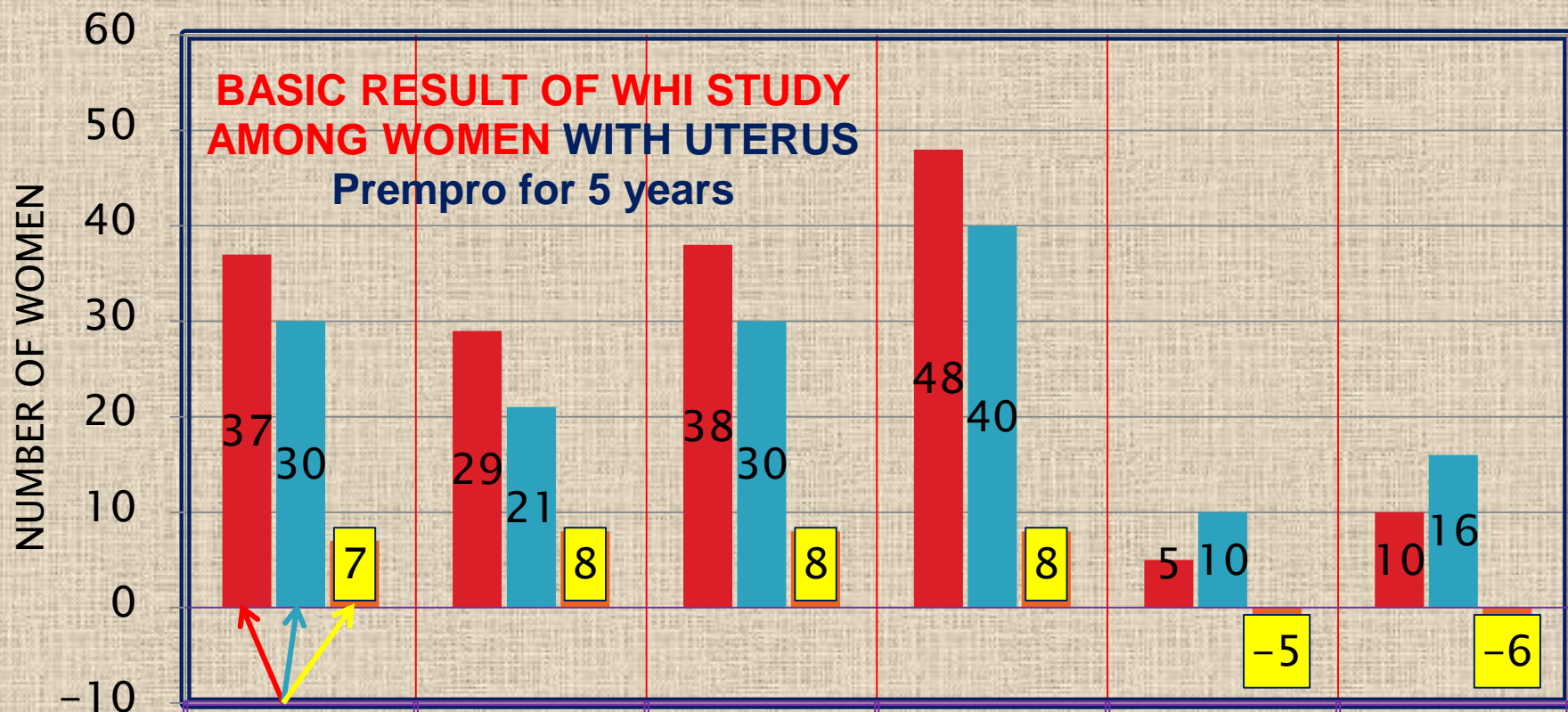
WHI STUDY (Women's Health Initiatives)

- 16,608 postmenopausal women
 - 40 US clinical centers 1993-1998
 - Aged 50-79 years
 - Intact uterus at baseline
- **Prempro** (n = 8,506) **group** takes Premarin 0.625 mg/day, plus MPA 2.5 mg/day, not knowing what they are taking.
- **Placebo** (n = 8,102) **group** takes none, not knowing what they are taking.
- The adverse-effect boundaries were pre-set for the 7 major outcomes to stop the study



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■ PREMPRO	37	29	38	48	5	10
■ NONE	30	21	30	40	10	16
■ DIFFER	7	8	8	8	-5	-6



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DIFFERENCE BETWEEN WOMEN WITH AND WITHOUT UTERUS

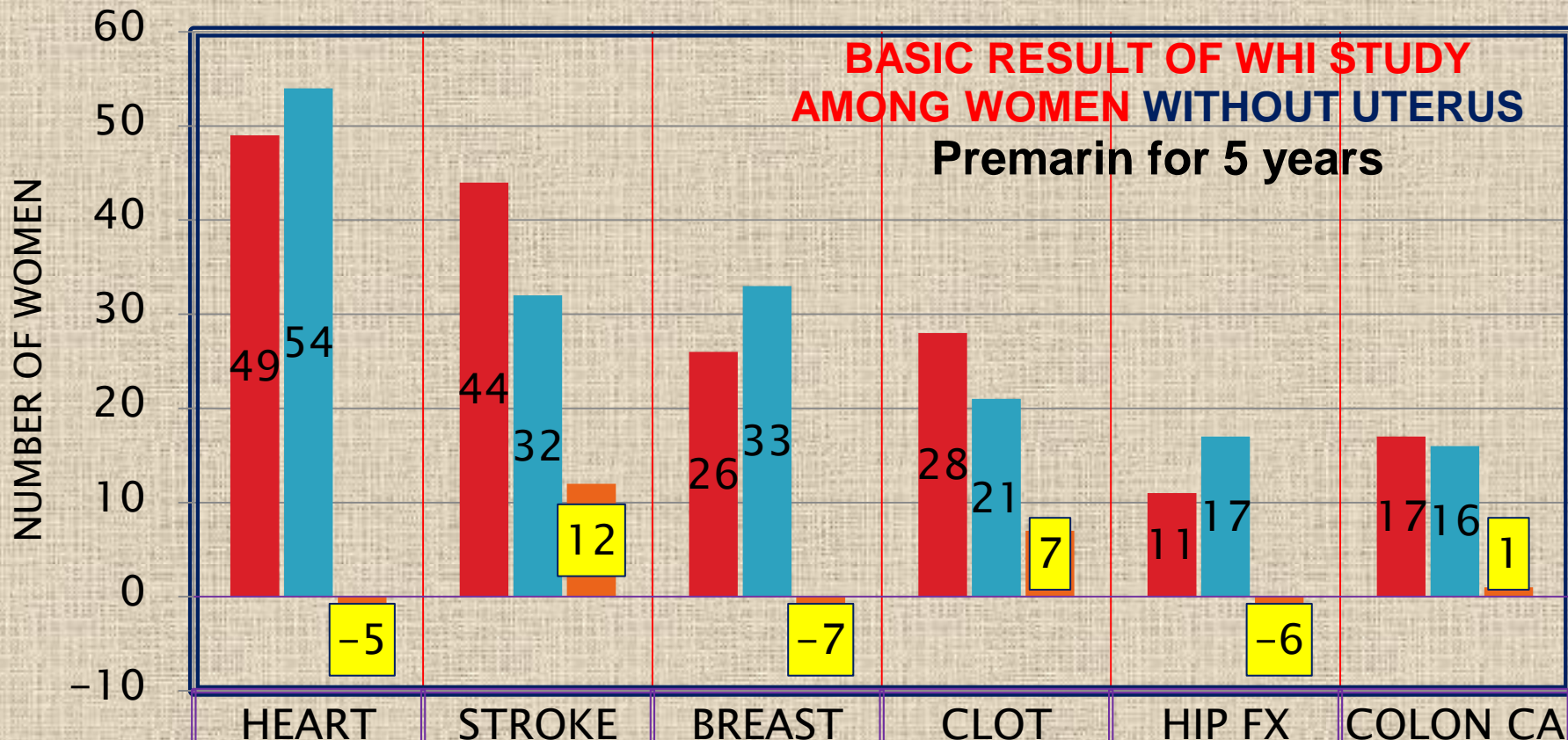
- Most of benefits of female hormone after menopause are done by estrogen, not by progesterone
- Women who have uterus need to take progesterone along with estrogen because without progesterone the incidence of endometrial cancer is increasing to 10-12 times.
- Women who does not have uterus after hysterectomy do not have to take progesterone because no worry of endometrial cancer.
- WHI study demonstrated that there are many big differences in this 2 groups.



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**BASIC RESULT OF WHI STUDY
AMONG WOMEN WITHOUT UTERUS**
Premarin for 5 years

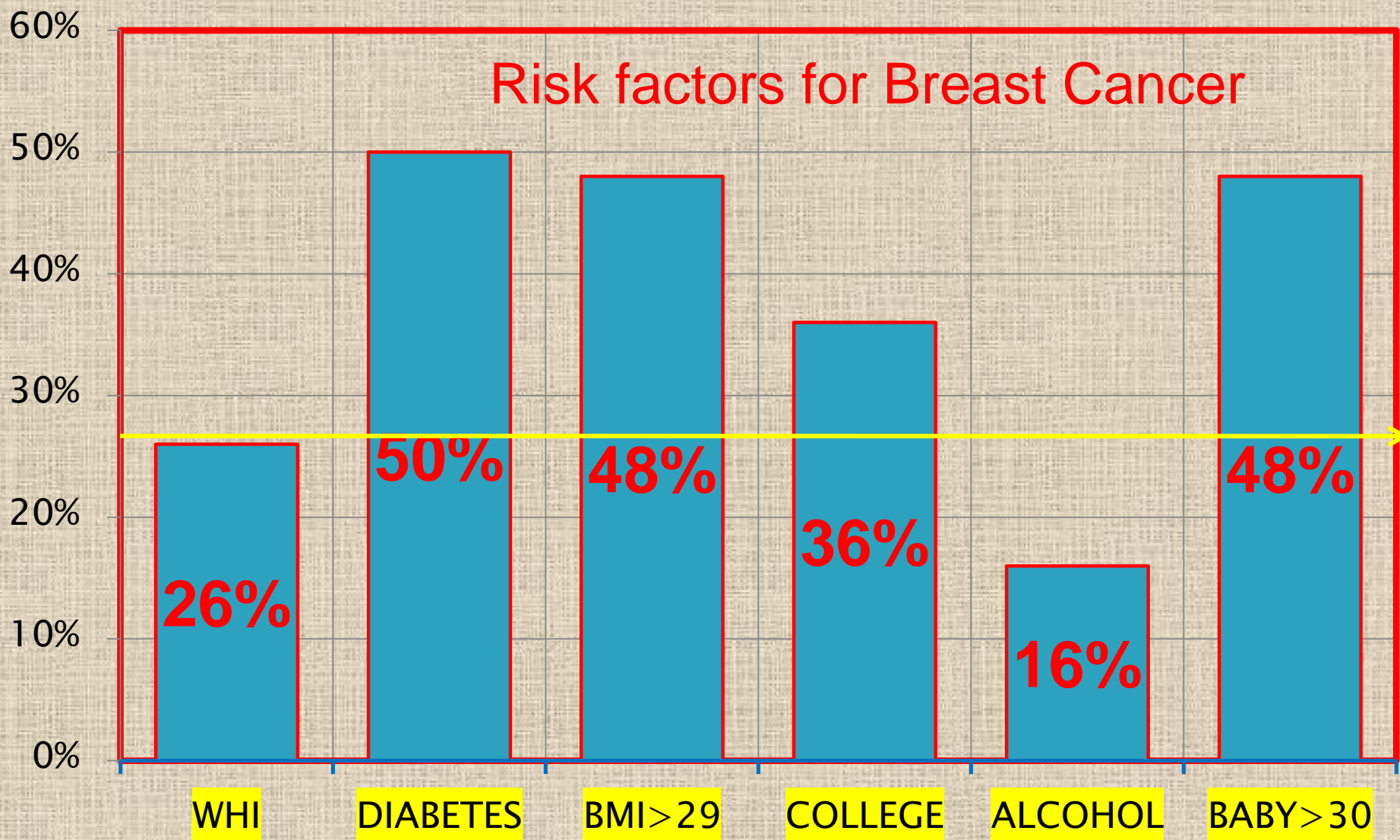


■ ESTROGEN	49	44	26	28	11	17
■ NONE	54	32	33	21	17	16
■ DIFFER	-5	12	-7	7	-6	1



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Thank you

Question?

