ASSESSMENT OF THE MENOPAUSAAL WOMAN

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- The key is not only to study the effects of menopause on her QOL but also assess other risk factors that may affect longevity.
RISK FACTORS TO LOOK FOR

SYMPTOMS
• Vasomotor
• Urogenital
• Cognition
• Joint pain
• Vaginal bleeding

SIGNS
• Vitals
• BMI
• Vaginal exam + Pap smear
• Breast exam if relevant
OTHER RISK FACTORS

LIFESTYLE
- Exercise
- Nutrition
- Smoking + Alcohol
- Sexual Hx

PAST MEDICAL/GYNE HX
- Obs Hx
- Drugs
- Age of Menopause
- Hx of Cancer
- Chronic Diseases
- Corticosteroids
- Fracture Hx
- Family Hx of CVD, Osteoporosis, Thromboembolic Disease
INVESTIGATIONS

- There is rarely a need for investigations to confirm menopause, but an FSH of more than 30IU/L is highly suspicious.
MANAGEMENT

• Our aim is to prevent long-term health problems and manage menopause related symptoms

• Diet and lifestyle changes are very important
| Stopping smoking | Prevention of lung cancer  
Reduction of CVD  
Beneficial effects on bone loss |
|------------------|--------------------------------------------------|
| Reducing alcohol consumption | Reduction of calorie intake  
Fewer, less severe vasomotor symptoms  
Beneficial effects on bone loss  
Prevention of alcohol-related liver damage  
Reduction in incidence of breast cancer  
Reduction of CVD |

BMI, body mass index; CVD, cardiovascular disease.
BEYOND LIFESTYLE CHANGES: NON-HORMONAL AND HORMONAL TREATMENT

• Before exploring non-hormonal and hormonal treatment, it is very important to counsel the patient on the effectiveness of lifestyle changes.

• Other alternative medications like acupuncture, hypnotism, herbal preparations are widely available but are poorly researched.
NON-HORMONAL TREATMENT

• Very important to reduce symptoms of hot flushes when hormones are not wanted or contraindicated (HX of hormone sensitive CX)
TYPES OF NON-HORMONAL TREATMENT

- **Alpha-adrenergic agonists like Clonidine**
- **Beta-blockers like Propranolol**
- **Modulators of central neurotransmission like Venlafaxine and Gabapentin**
THANK YOU FOR YOUR ATTENTION