SIGNS & SYMPTOMS

• Amenorrhea
• Vasomotor.
• Urogenital tract, including sexual concerns.
• Cognition.
• Joint pains.
• Vaginal bleeding (if relevant).
LIFE STYLE EFFECTS

• Exercise levels.
• Nutrition.
• Smoking and alcohol intake
• BMI
• Relationship and sexual history.
INVESTIGATIONS

There is rarely a need for investigations to confirm menopause. While a serum FSH level more than 30 IU/l is highly suspicious of menopause, the diagnosis can be confidently made in most women based on history alone; the key features being oligo/amenorrhoea and the typical symptoms of vasomotor symptoms, joint aches and minor cognitive changes.
THINGS WE SHOULD BE CONCERNED ABOUT

• Cvd
• Thromboembolism
• Osteoporosis

• Also post menopausal women should screen for breast cancer and cervical cancer
MANAGEMENT

1- lifestyle modification
2- diet and exercise
3- non hormonal therapy
4- hormonal replacement therapy
LIFESTYLE MODIFICATION

1-stop smoking
Prevention of lung cancer
Reduction of CVD
Beneficial effects on bone loss

2-reduce 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
3-aim for normal BMI
Reduction of calorie intake
Fewer, less severe vasomotor symptoms
Beneficial effects on bone loss
Reduction in incidence of breast cancer
Reduction in incidence of endometrial cancer
Reduction of CVD
Diet and Exercise

Ca+2 and vitamin D intake
Weight bearing exercise
Biphosphonatees
Estrogen replacement therapy
One of the more challenging messages to communicate to women after the menopause is that on average body weight increases by approximately 1 kg per year and this, along with a more android fat distribution, contributes to a greater sensation of being overweight. Often women who start HRT early in the menopause erroneously blame this weight gain on HRT. They should be informed that there is no evidence from extensive research to support the belief that hormone therapy causes weight gain.
NON-HORMONAL TREATMENTS FOR VASOMOTOR SYMPTOMS

Alpha-adrenergic agonists ex. Clonidine
Beta-blockers ex. Propanolol
Modulators of central neurotransmission
Venlafaxine
Fluoxetine
Paroxetine
Citalopram
Gabapentin
THANK YOU