



What We Know About How Little We Know

Menopause Hormone Therapy in 2022

Dr. Kelly Casperson

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My Story

A Urologist in a male centric world, women are “complicated”

.....

the Swell × Stripes
present

THE NEW PAUSE SYMPOSIUM

NEW YORK CITY
OCTOBER 14, 2022

Guest Speaker




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Husbands, too, like "Premarin"

The physician who puts a woman on "Premarin" when she is suffering from the menopause usually makes her pleasant to live with once again. It is no easy thing for a man to take the stress and burbs of business life, then to come home to the turmoil of a woman "going through the change of life." If she is not on "Premarin" that is, But how has been estrogen replacement therapy with "Premarin" and it makes all the difference in the world. She experiences relief of physical distress and also that very real thing called a "sense of well-being" returns. She is a happy woman again — something for which husbands are grateful.

"Premarin," conjugated estrogens (equine), a complete natural estrogen complex, is available as tablets and liquid, and also in combination with norethisterone or methyltestosterone.

Ayerst Laboratories • New York 16, N. Y. • Montreal, Canada



help keep her this way

Premarin
CONJUGATED ESTROGENS (equine)

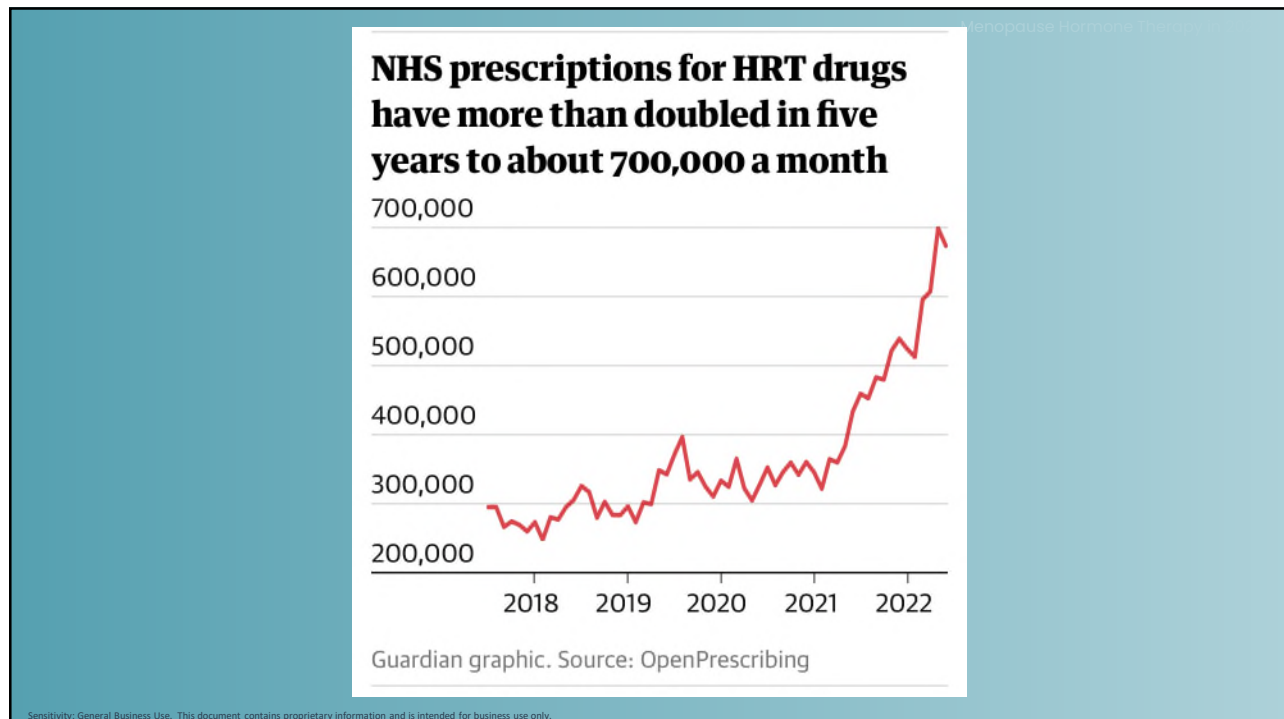
specifically designed for women's replacement in the menopause...and later years

PREMARIN (conjugated estrogens—equine) is a naturally occurring, orally active, water-soluble estrogen, presented as the complete equine estrogen complex, calcium. In the female: To avoid continuous stimulation of breast and uterus, cyclic therapy is recommended (3 week regimen with 1 week rest period—Withdrawal bleeding may occur during this 1 week rest period). In the male: Continuous therapy over prolonged periods of time may produce gynecostasia, loss of libido, and testicular atrophy, even when in 4 potencies for individualized treatment: Tablets—2.5 mg. (purple), 1.25 mg. (yellow), 0.625 mg. (red), 0.3 mg. (green); bottles of 100 and 1,000. 2.5 mg. tablets also available in 20's.

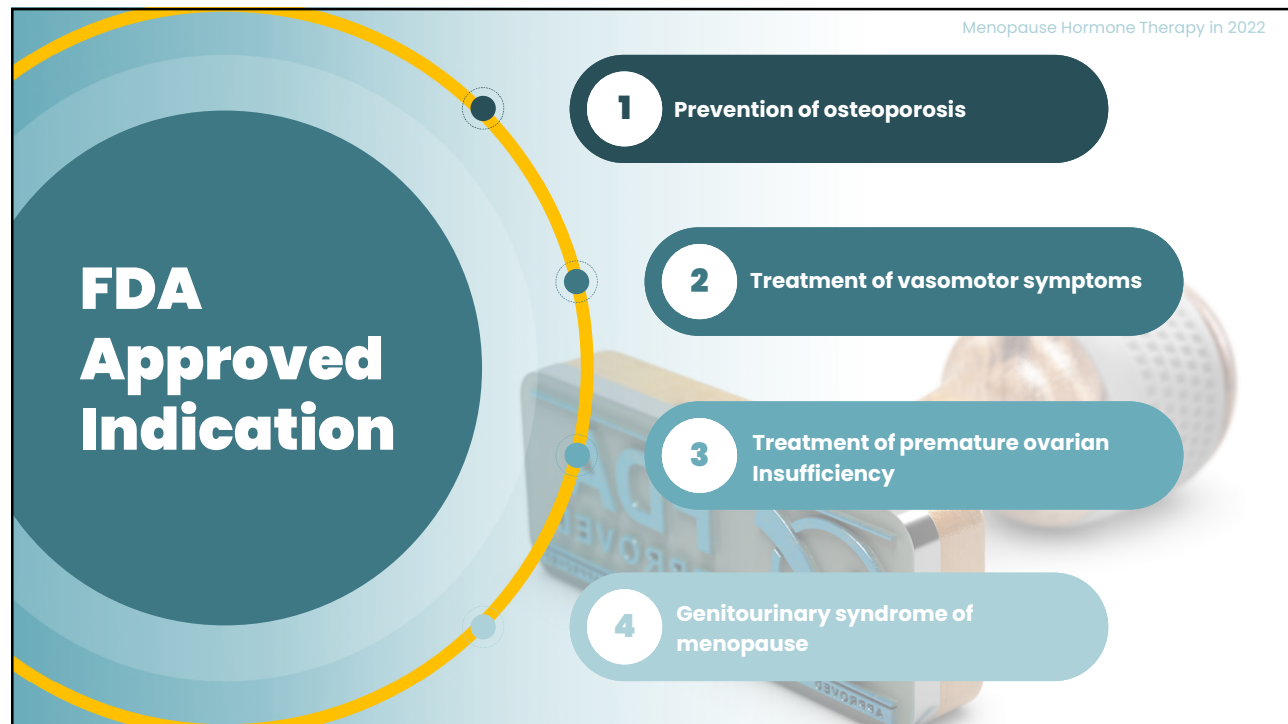
AYERST LABORATORIES New York, N.Y. 10017-Montreal, Canada

AUG 24 1966

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MEDIA: Estrogen Causes Cancer

- Oh, and it causes MI, stroke and blood clots too

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2001 - The Women's Health Initiative

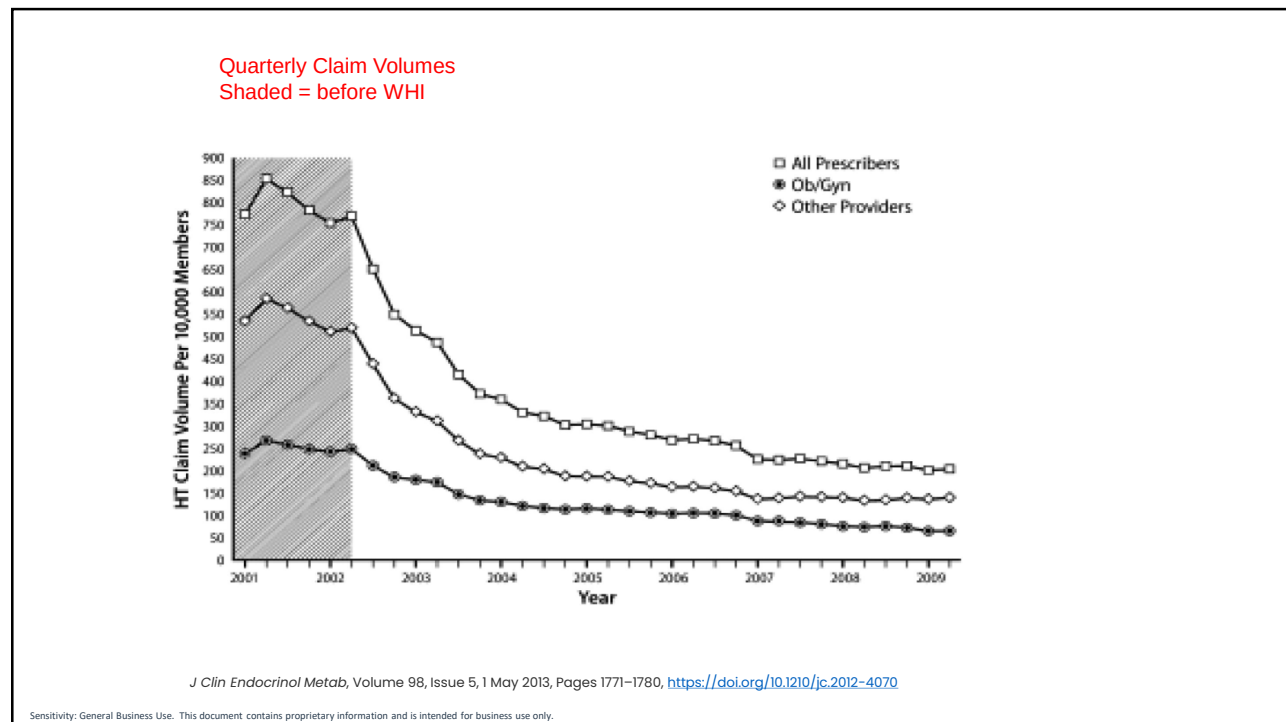
"the adverse effects of estrogen plus progestin applied to all women, irrespective of age, ethnicity or disease status".

The NIH director of the study was quoted as saying that NIH was going "for high impact" with the goal "to shake up the medical establishment and change the thinking about hormones"

NHLBI stops trial of estrogen plus progestin due to increased breast cancer risk and lack of overall benefit. *South Med J* 2002;95: 795-797

Parker-Pope T. *The hormone decision*. Rodale Press. 2007

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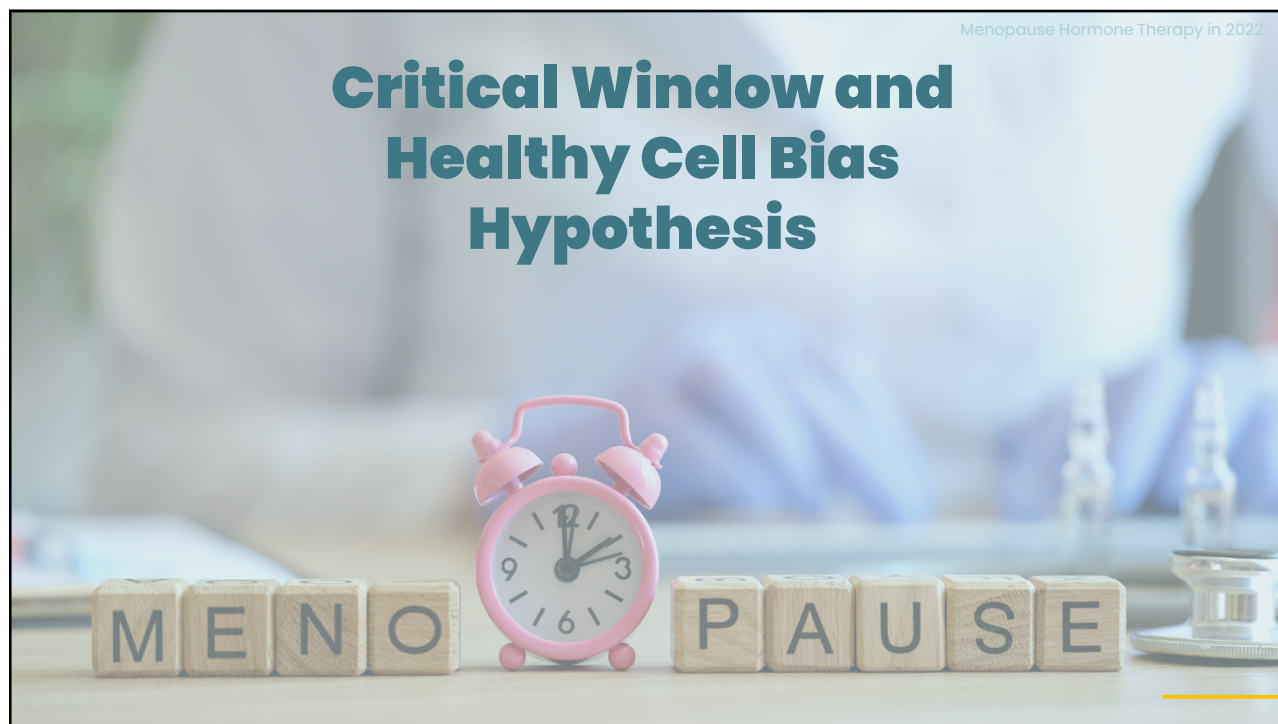
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Menopause Hormone Therapy in 2022

So What Does MHT Help?

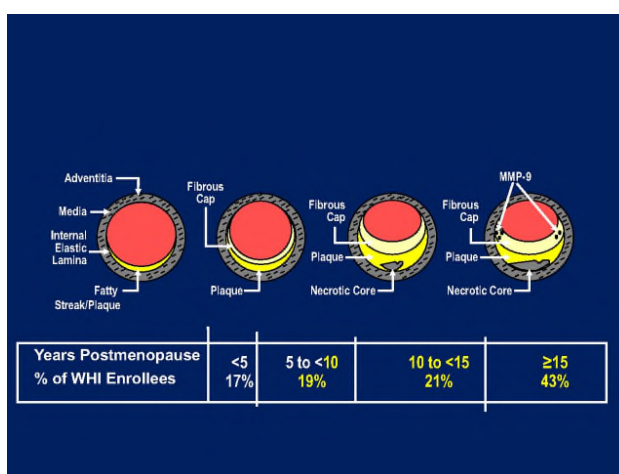
- Vasomotor symptoms
- Sleep
- GSM
- Sexual Function
- Skin
- Macular Degeneration
- All Fractures
- Joint Pain
- Reduces Fatty Liver
- Decreases risk of DM2 and improves glycemic control in DM
- Decreases Alzheimer disease and all cause dementia
- Depression/Mood/Anxiety
- Cardiovascular disease
- Decreased Colorectal cancer

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Progression of coronary atherosclerosis by age in postmenopausal women and the ages of women participating in the WHI



J Clin Endocrinol Metab, Volume 98, Issue 5, 1 May 2013, Pages 1771–1780, <https://doi.org/10.1210/jc.2012-4070>

Adapted from T. B. Clarkson: The new conundrum: do estrogens have any cardiovascular benefits? *Int J Fertil Womens Med*. 2002;47:61–68 (7)

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Venous Thromboembolism?

The venous thromboembolism risk in younger women, assuming a 2-fold relative risk, is in the range of 30/100 000 woman years. This rare occurrence is less than the rate in normal pregnancy, approximately 60/100 000 woman year.



Gray, Gabriella, and Catherine Nelson-Piercy. "Thromboembolic disorders in obstetrics." Best practice & research Clinical obstetrics & gynaecology 26.1 (2012): 53-64.

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Heart Health

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There was also a 30% reduction in all-cause mortality 0.70 (0.51–0.96).¹

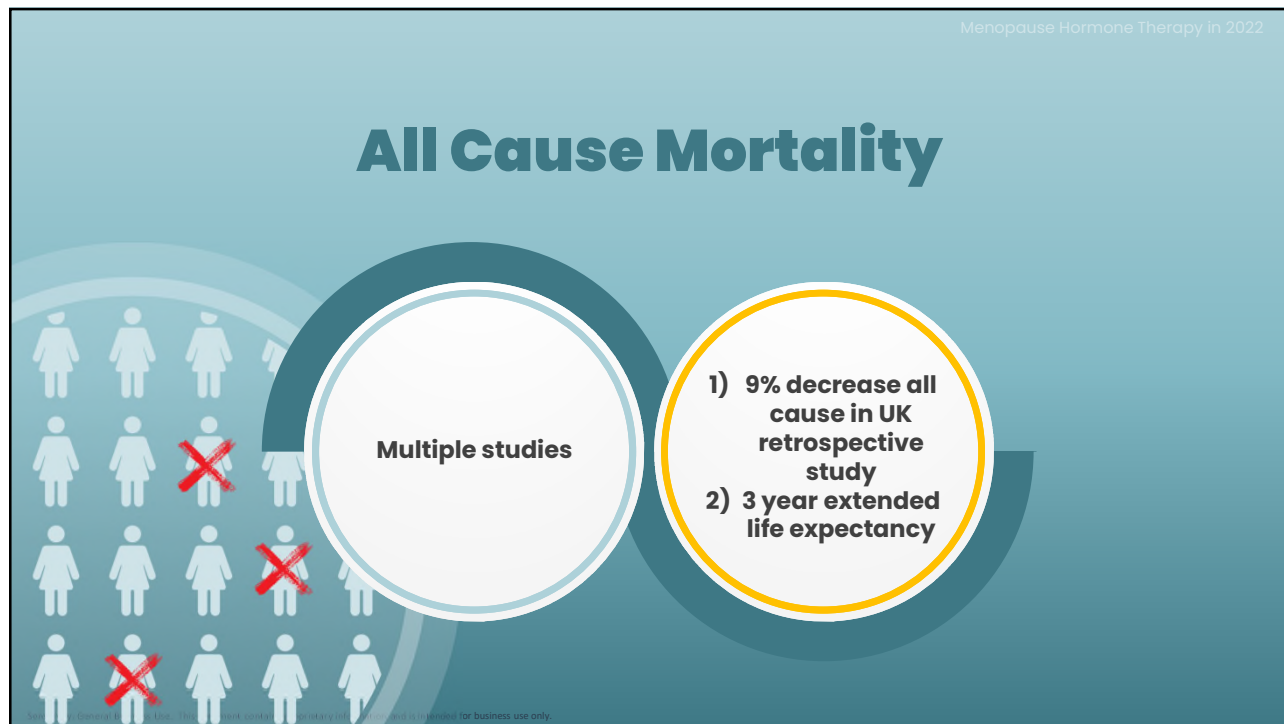
A meta-analysis of women receiving HT who were under 60 years old, including data from WHI, showed a statistically significant reduction in coronary disease²

A 10-year follow-up of women in the estrogen-alone trial in WHI showed that the 50- to 59-year-old group had a significantly reduced risk of MI (0.54 [0.34–0.86]) and CHD (0.59 [0.38–0.90]).¹

LaCroix, Andrea Z., et al. "Health outcomes after stopping conjugated equine estrogens among postmenopausal women with prior hysterectomy: a randomized controlled trial." *Jama* 305.13 (2011): 1305-1314.

Salpeter SR, Walsh JM, Greyber E, Salpeter EE Brief report: coronary heart disease events associated with hormone therapy in younger and older women. A meta-analysis. *Journal of general internal medicine* 21.4 (2006): 363–366.

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30% Decrease in All Cause Mortality

N Engl J Med 1997; 336:1769-1776
DOI: 10.1056/NEJM199706193362501

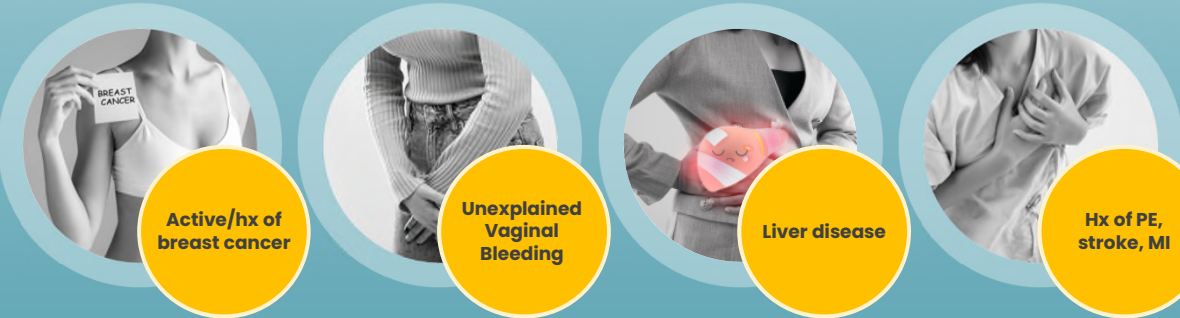
LaCroix, Andrea Z., et al. "Health outcomes after stopping conjugated equine estrogens among postmenopausal women with prior hysterectomy: a randomized controlled trial." *Jama* 305.13 (2011): 1305-1314.

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Menopause Hormone Therapy in 2022

Absolute Contraindications



- Active/hx of breast cancer
- Unexplained Vaginal Bleeding
- Liver disease
- Hx of PE, stroke, MI

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Relative Contraindications



Smoking, cardiac risk, DVT

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Follow Up



3 months
then change

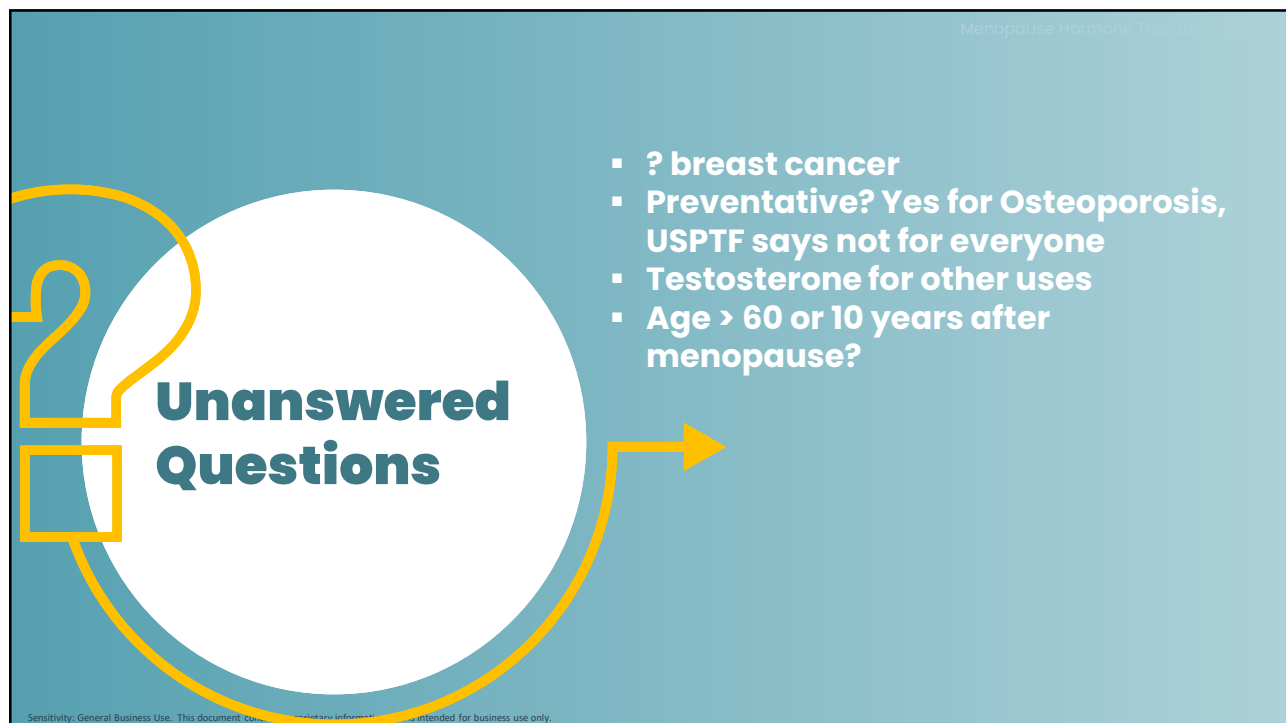
No need for
hormone levels
unless...

May need higher
levels in younger
people

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Menopause Hormone Therapy in 2022

Unanswered Questions



- ? breast cancer
- Preventative? Yes for Osteoporosis, USPTF says not for everyone
- Testosterone for other uses
- Age > 60 or 10 years after menopause?

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Draft Recommendation Statement

Menopause Hormone Therapy in 2022

Hormone Therapy for the Primary Prevention of Chronic Conditions in Postmenopausal Persons

April 19, 2022

Recommendations made by the USPSTF are independent of the U.S. government. They should not be construed as an official position of the Agency for Healthcare Research and Quality or the U.S. Department of Health and Human Services.



This topic is being updated. Please use the link(s) below to see the latest documents available.

Update in Progress for Hormone Therapy for the Primary Prevention of Chronic Conditions in Postmenopausal Persons



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What Causes Breast Cancer?



Alcohol



Fat distribution/BMI



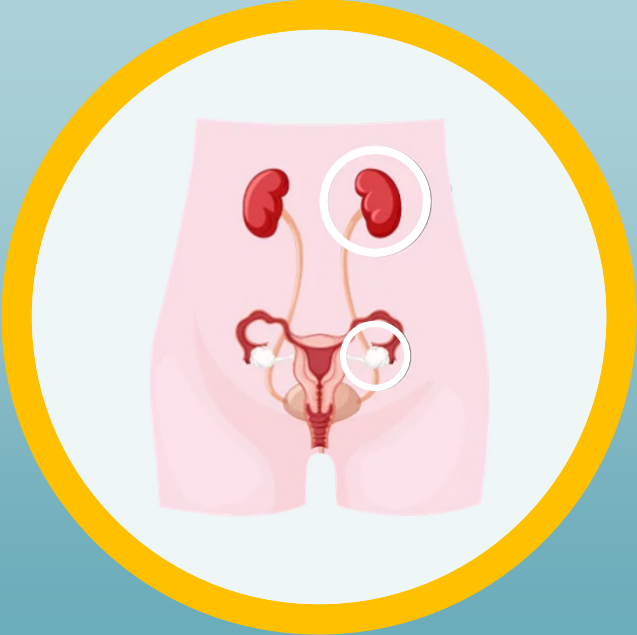
Inactivity



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What about Testosterone?



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Tips:

For _____
Address _____ Date _____

R_x

Testosterone 1% gel (tubes only)
Apply 1/10th pack to calf daily
Dispense 30 tubes (no sachets)
Refill 0

REFILL _____ TIMES _____, M.D.
DEA NO. _____ Address _____

- Data is for postmenopausal HSDD
- Use a pea size on calf daily:
- Each tube should last 10 days
- Goodrx coupon: \$119 for 10 month supply
- May takes a few months to notice benefit
- Side effects: oily skin, acne




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Menopause Hormone Therapy

A Word about Compounded and Bioidentical




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py in 2022

When women outlive their ovaries...

From illustration shows artist's interpretation of cross section of brain exhibiting irregular transmissions from hypothalamic area to the pituitary and other neuroendocrine target organs.

"There we were — my husband at the peak of his career — busy, successful... but no time for me. With that and all my other problems, I'd lie awake night after night, more depressed every day. This wasn't a 'change,' it was a catastrophe."

Because some emotional symptoms may simply coincide with the menopause, it is essential to distinguish them from those symptoms which are related to estrogen deficiency — and to begin appropriate therapy.

It's axiomatic that the menopause carries its own burden of physical and emotional problems, some related to ovarian decline, some not.

The first step in identifying the source of emotional symptoms is to obtain a thorough history; emotional problems of recent origin are more likely to be related to estrogen deficiency than those of long standing.

Then, to distinguish those symptoms that will respond to estrogen replacement therapy from those that may require other approaches to treatment, institute a therapeutic trial with PREMARIN.

In many cases, prolonged use of tranquilizers will not be necessary; patients taking PREMARIN alone often report relief of emotional symptoms when these are due to estrogen deficiency... and an improved sense of well-being.

Thus, the benefits of PREMARIN in such patients are threefold: it can help relieve symptoms related to estrogen deficiency; help treat the underlying cause; and finally, help identify symptoms unrelated to estrogen deficiency.

"I was always so irritable... snapping at the children... almost anything could annoy me. I knew I was doing it, but I just couldn't seem to stop myself!"

For the emotional symptoms of the menopause related to estrogen deficiency

PREMARIN®
(CONJUGATED ESTROGENS TABLETS, U.S.P.)

CONTAINS NATURAL ESTROGENS EXCLUSIVELY

(See last page of advertisement for prescribing information)

Sensitivity: General Bu

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Where To Go ?



NAMS



Heather Hirsch, MD



My Podcast – You Are Not Broken

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Are We Being Equitable?

How we treat men with low T

Trans care – do we tell them to stop at age 50?

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Conclusions

Form women aged younger than 60 years or who are within 10 years of menopause onset and have no contraindications, the benefit-risk ration is favorable for treatment of bothersome VMS and prevention of bone loss.

NAMS 2022

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