

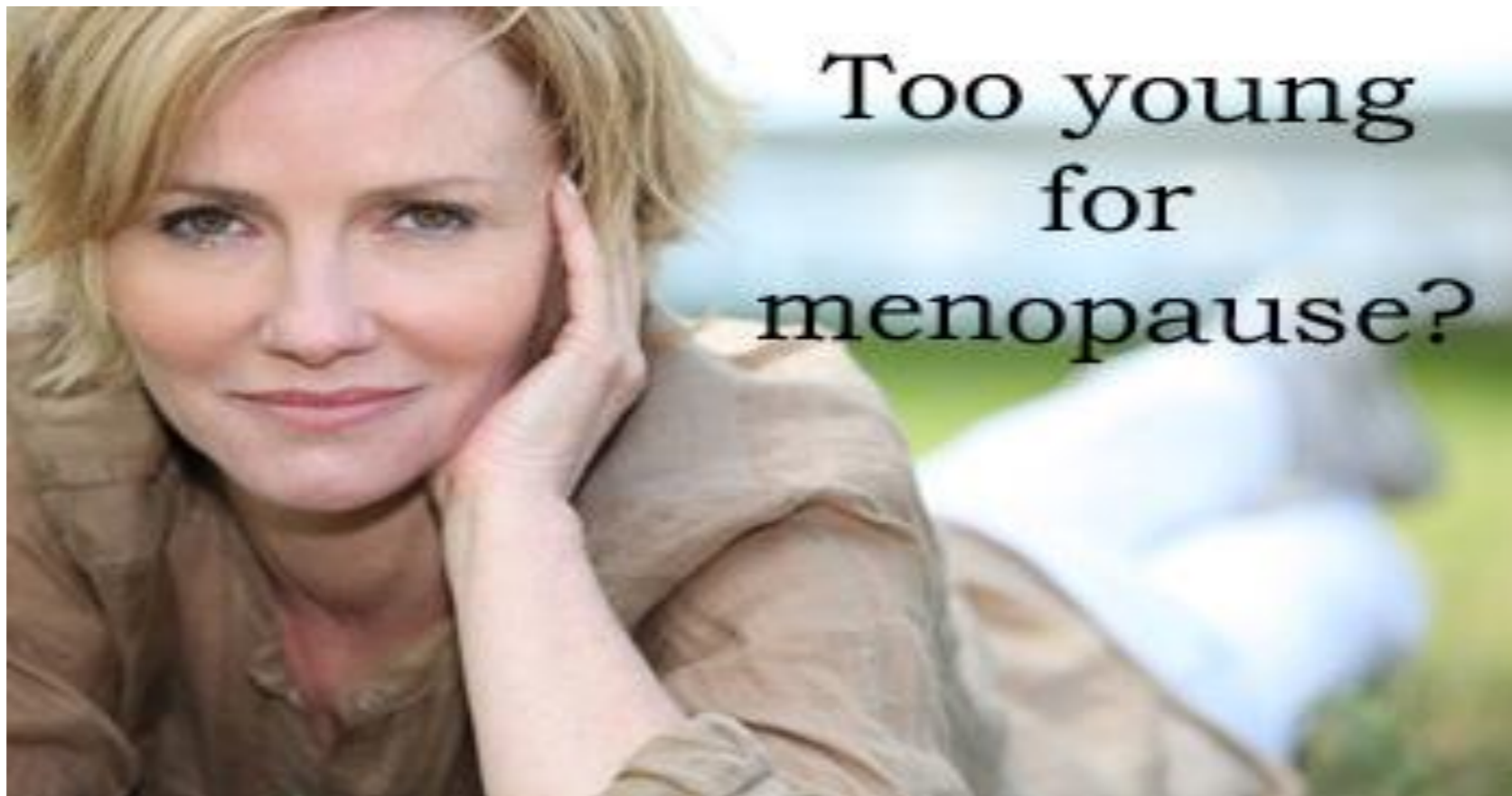
ANNUAL FALL CONFERENCE
Breast Cancer Today:
Individual Treatments,
Shared Experiences

LIVING
BEYOND
BREAST
CANCER



September 27, 2014

Hot and Bothered: Managing Premature Menopause Ann Honebrink MD, FACOG



GOALS FOR TODAY

- Help understand the difference between "premature" and "natural" menopause
- Talk about some common issues that accompany premature menopause
- Discuss some solutions for common problems that come with premature menopause
- Talk about other things to consider long term health wise
- Share your collective wisdom about what has worked (or maybe not worked) for you



Ways you may have gotten to missing your estrogen

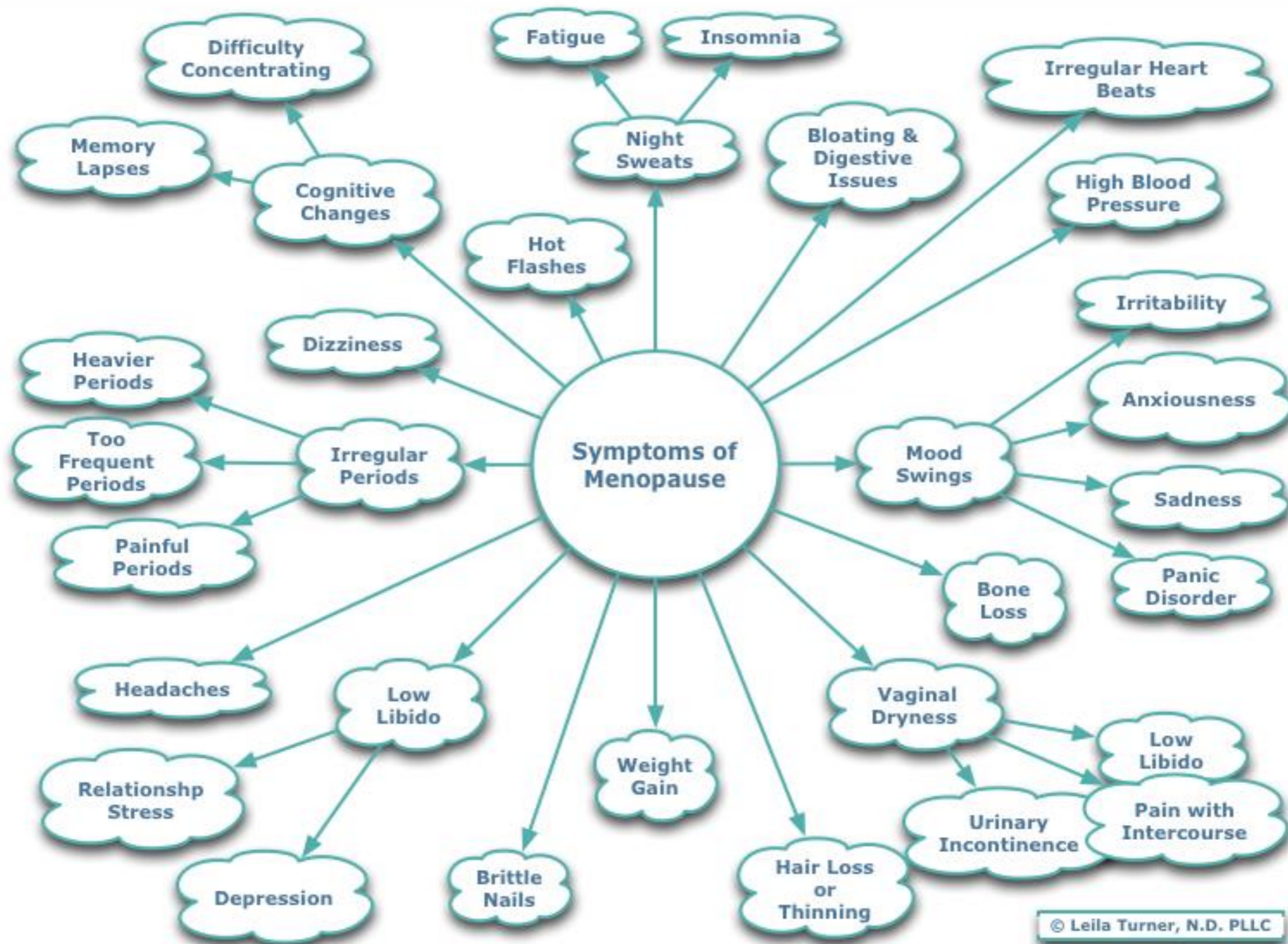
- Risk Reduction removal of ovaries
- Medically Induced menopause
- Chemotherapy side effect



Definitions

- Menopause- cessation of period because of cessation of ovarian function
- Postmenopause- 1 year after final menstrual period
- Perimenopause- from the time periods become less regular till they stop
- Premature Menopause- when periods stop before early 40's because of cessation of ovarian function





Sorting out symptoms

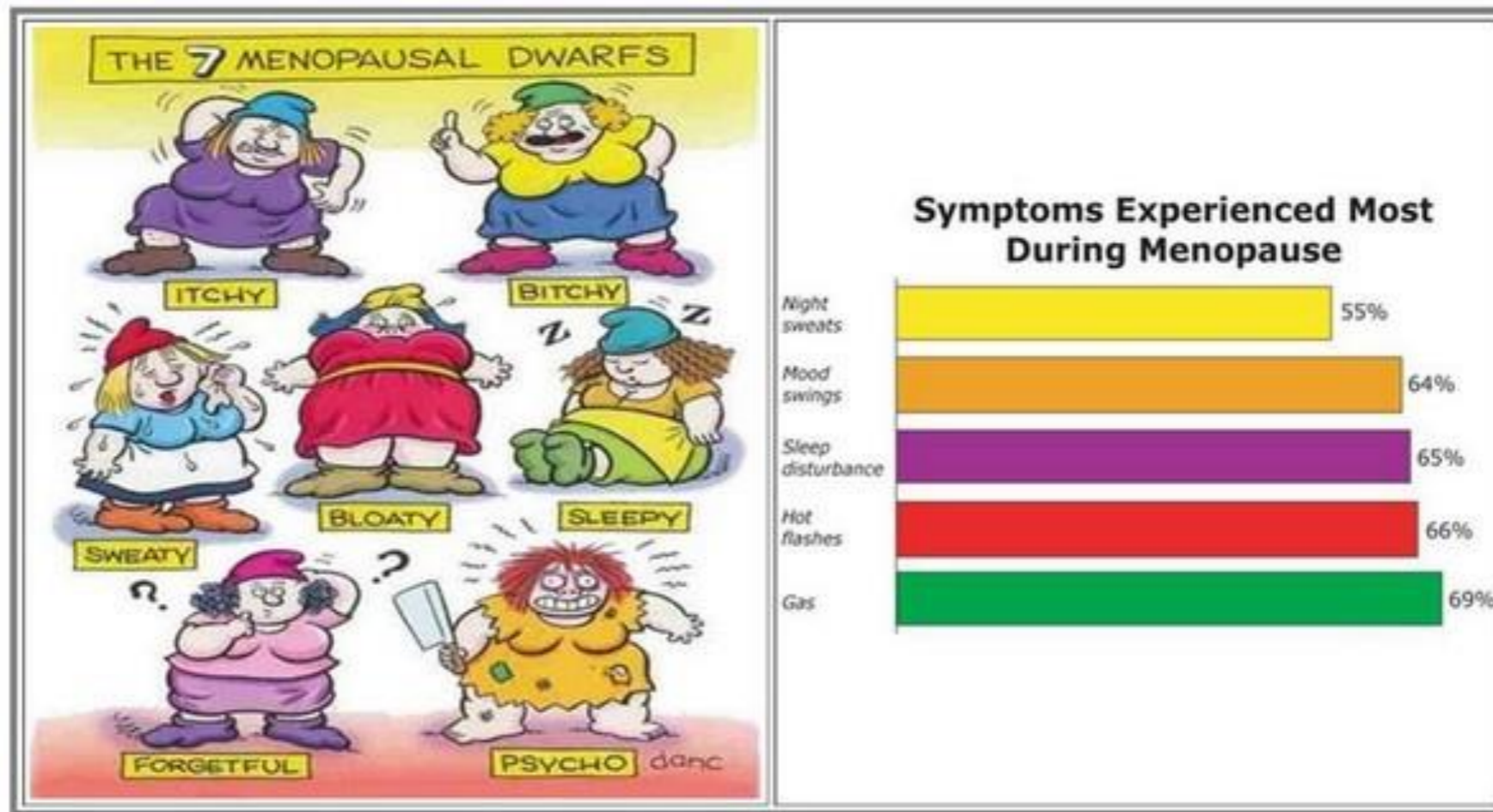
- Menopause?
- Aging?
- Medication/Treatment side effect?
- Another disease process?
- Some of the above?



Premature Menopause= More Severe Menopausal symptoms



In other words...



So-Is it hot in here?

- Unclear exactly why but when estrogen levels fall, temperature regulation center goes haywire
- Your body tries to get rid of heat, even though your internal temperature is normal
- Result- flushing, sweating, feeling warm



What can you do?

- Change your attitude
- Recognize triggers
- Preventive measures and non medication remedies
- Medication
- Wait it out!



Some options for keeping your cool

- Dress in layers
- Lose the pjs, turtle necks, any outerwear it is hard to remove quickly
- Loose the heavy comforter
- Watch out for triggers
- Bedroom temp less than 65



Not enough???

- Alternative remedies
 - Exercise
 - Herbal
 - Supplements
- Alternative Rx Medications
 - Lo dose Antidepressants
 - Brisdelle



You: My hot flashes have been so horrible today!

Me: Can't you take something for that... like mistletoe or Thorazine??



ROTTENCARDS.COM

What happened "down there"?

- Very estrogen sensitive area
- Sexual function is a complicated issue
- "Use it or lose it"



Lubricants 101

- Water Based
 - Most widely available in drug stores
- Silicone Based
 - Internet
- Oils
 - Plant base
 - Manufactured
 - If using condoms, be sure compatible





When SEX Hurts

Other things to consider

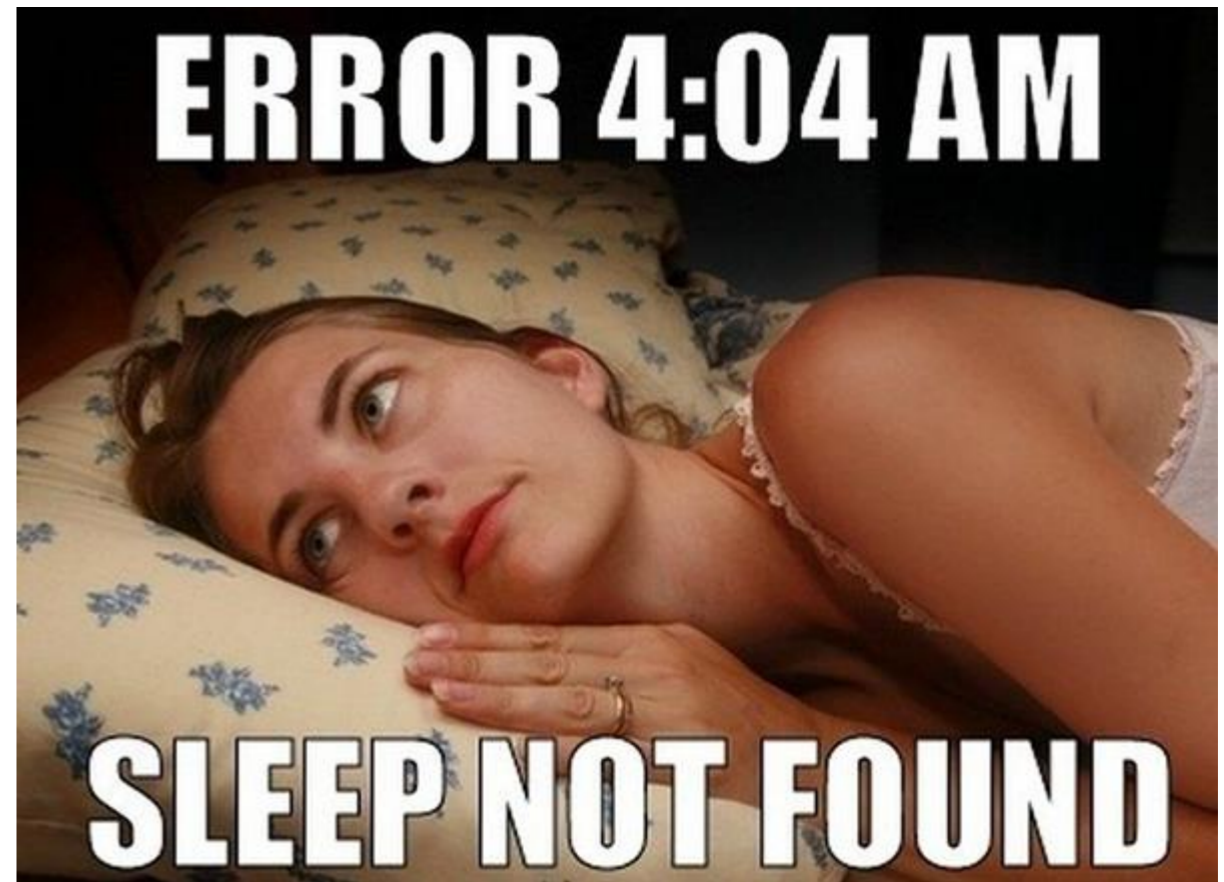
- Watch out for taste/sensation
- Moisturizers/Dilators
- Remember the Romance
- Redesign/Revise/Renew Sexual routine

Sexual Function



Sleep

- Night sweats don't help
- Sleep Patterns change as we age
- “Sleep Hygiene” tips
- CBT for sleep



Other things to consider

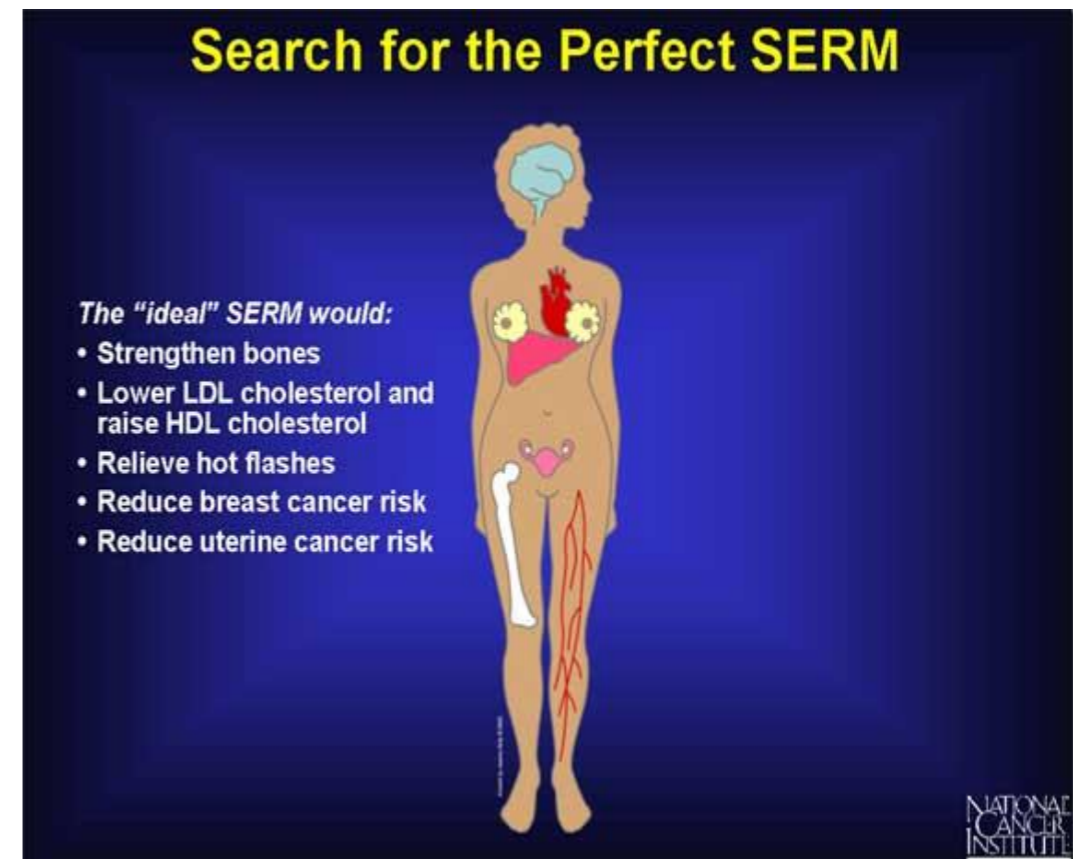
- Bones
- Heart
- Skin
- Body shape



What the heck is a SERM?

Selective Estrogen Receptor Modulator

- Estrogen receptors ubiquitous
- Most concentrated in general vaginal area
- "Selective Estrogen Receptor Modulator"-designer drugs that aim to target selected receptor sites in both positive (acting like estrogen) and negative (acting against estrogen) ways



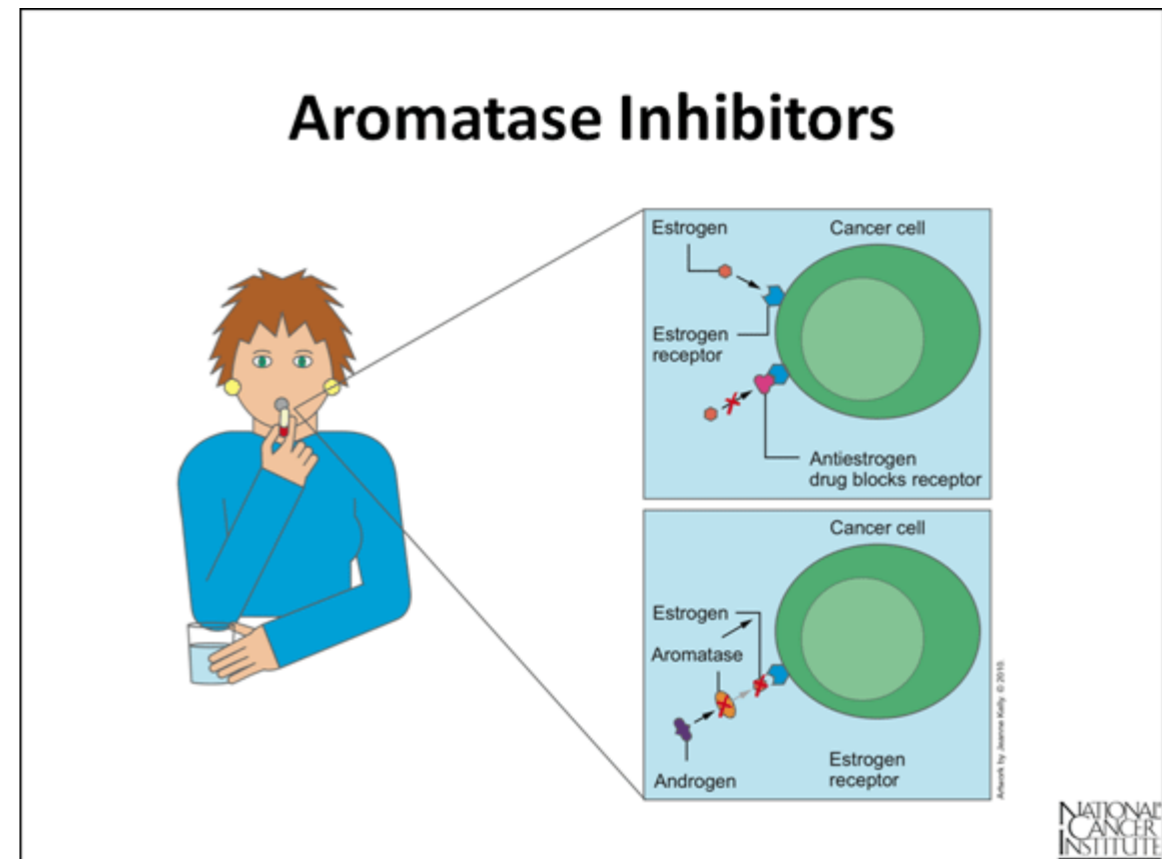
Examples

- Tamoxifen
- Raloxiphene
- Osmiphene
- Duavee



Aromatase Inhibitors

- Block enzyme needed for final step in estrogen production
- Good for keeping breast cancer from coming back
- For the rest of you- maybe not so much



Remember the basics

(AKA everything you mother probably told you)

- Sleep
- Exercise
- Eat well, don't forget the Calcium rich foods
- Stay connected
- Remember to **HAVE FUN!**
- Share your wisdom!