

Disclosures

Relevant Disclosures:

The Menopause Society Board of Directors

Consultant: Astellas

No conflicts of interest

References:

I will discuss clinical studies of off label use of pharmaceuticals for vasomotor symptoms.

This presentation references people born with ovaries. I may use the terms women, she, and her. These terms may not capture the diversity of all those experiencing menopause. We need more research to explore how diverse people experience menopause.

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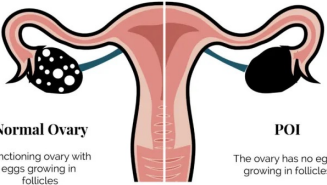
Learning Objectives

<p>01</p> <p>Describe the physiology and pathophysiology of premature menopause or premature ovarian insufficiency</p>	<p>02</p> <p>Review diagnostic considerations and management of women with premature menopause secondary to ovarian insufficiency and oophorectomy.</p>	<p>03</p> <p>Discuss the use of hormones in women with complex medical conditions who are diagnosed with premature menopause</p>
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PREMATURE OVARIAN INSUFFICIENCY

WHAT IS POI?



Normal Ovary
Functioning ovary with eggs growing in follicles

POI
The ovary has no eggs growing in follicles

1% US population


- 1% White
- 1.4% Black
- 1.4% Hispanic
- 0.5% Chinese
- 0.1% Japanese

3.7% worldwide

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Multi-organ System Impact

- CHD
- Neurocognitive
- Osteoporosis
- Sexual function
- Mortality & Morbidity

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Suspicious Signs of POI

- Amenorrhea x3 months with hx of regular cycles
- Amenorrhea >6 months with hx of irregular cycles
- New onset menstrual changes, decreased ovarian reserve

Ovarian Cycle

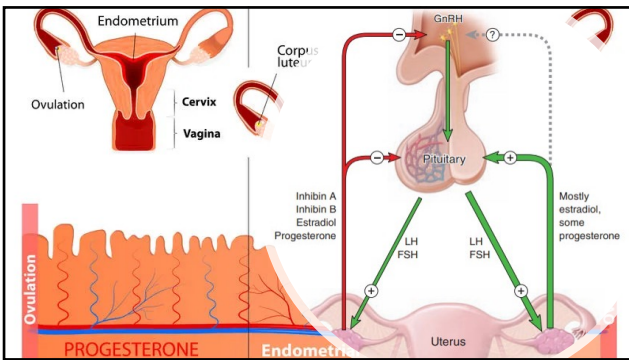
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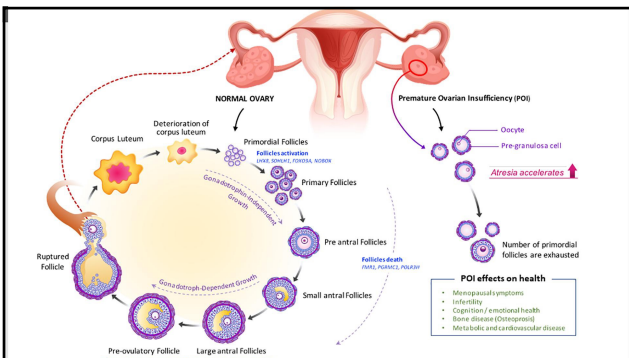
Menopause Symptoms:

- Hot flashes/night sweats
- Sleep disruption
- Vaginal dryness
- Sexual dysfunction
- Depression/Anxiety
- Cognitive decline
- Dry eye syndrome

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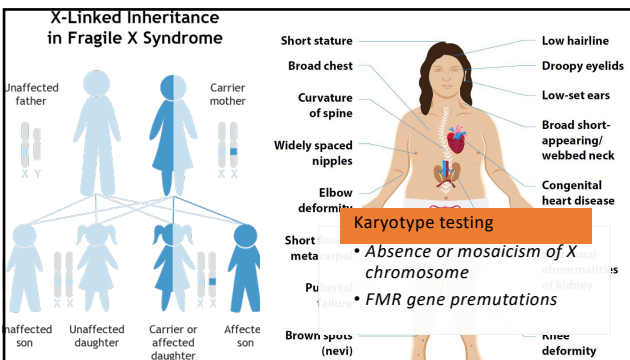
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Low ovarian reserve Normal ovarian reserve High ovarian reserve

- Gonadotoxic therapies: cyclophosphamide therapy, radiation, chemotherapy, pelvic surgery
- Environmental toxins: chemicals (phthalates, bisphenols, dioxins)
- Galactosemia
- Infections: Mumps, HIV

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Surgical Menopause

- Vasomotor symptoms
- Genitourinary symptoms
- Sexual dysfunction
- Cognitive impairment
- Bone loss
- Cardiovascular disease
- All cause mortality
- Cancer death

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Treatment

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Estrogen Replacement Therapy

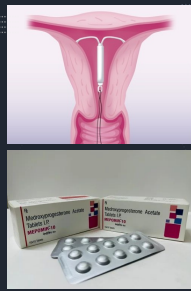
- Transdermal patch or Vaginal Ring 0.100 mg/day
Ez transdermal patch or 0.100 mg/day Ez ring
- Full-dose physiologic replacement for young women
- Serum Ez level of 100 pg/mL
 - Near normal mean Ez level for normally cycling women of 104 pg/mL
- Avoids 1st pass liver metabolism
- Allows continuous dosing
- CVD/ thrombotic risk markers not adversely effected



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Endometrial Protection

- Medroxyprogesterone Acetate (MPA) 10 mg/d x 12 days per month
- ? Micronized progesterone
 - Not well studied for use with full Estrogen replacement doses
- Off label: Levonorgestrel IUDs
- Precautions for abnormal or breakthrough bleeding
 - Evaluate breakthrough bleeding: pregnancy test, pathology



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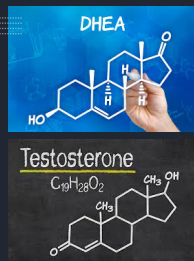
Combined Hormonal Contraception

- Use with caution
- Supraphysiologic levels of synthetic estrogen and progestin
- Increased risk of VTE, ATE, HTN, worsening lipid profiles
- Menopause symptoms with cyclical use



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More Research Needed



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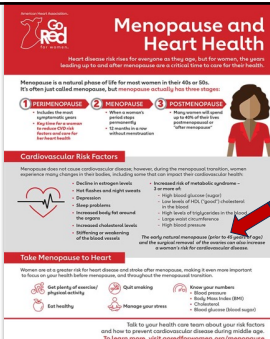
Bone Health

- Baseline BMD with DEXA recommended
- Calcium 1200 mg daily
 - Dietary source is preferred
 - Supplement if necessary
- Vitamin D 1000-2000 IU daily
 - maintain in normal range >30 ng/mL
- Weight bearing exercise



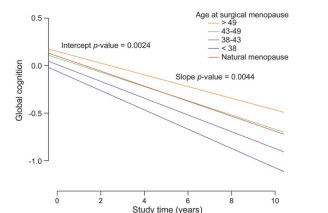
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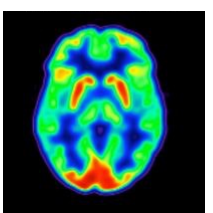
- Reduced Endothelial function
 - Improved with 6 months of HRT
- 50% greater risk of CVD events in women with premature menopause
 - Risk decreases with initiation of HRT within 1 year of menopause and maintained for 10 years
- Regular CVD risk assessments and risk reduction measures
- Lipid management
- BP management
- Early initiation of HRT at physiologic levels



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Neurocognitive Health

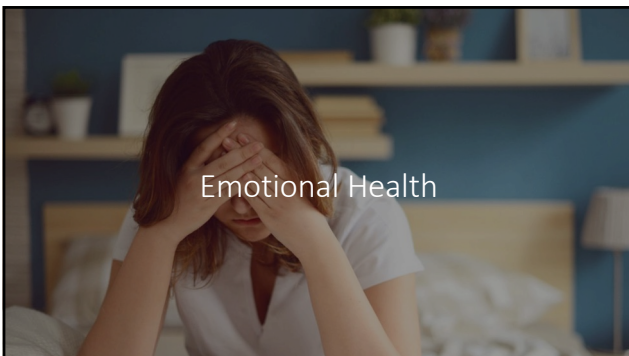




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Turner Syndrome






Photo courtesy of 

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Risk Factors

- Growing up in a dioxin superfund neighborhood
- Gonadotoxic chemotherapy
- Radiation therapy
- Ovarian suppression with leuprolide

Treatment considerations

- HRT
- Bones
- Psychology
- Fertility
- Sexual function
- Mood

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