

Bonnie Huang Hall, MD PhD
510 624 9137
www.bonniehuanghall.com

MENOPAUSE TIPS

Growing older doesn't mean life has to stop. Here are some ways to combat the symptoms of menopause.

FLUSHING

- ice pack under pillow
- fans and air condition
- layered clothing
- stop smoking, caffeine, chocolate, soda
- healthy diet
- paced respiration (breathe in 5-7 seconds , then exhale over 5-7 seconds), perform morning and evening prior to bed



MEDICATION

paroxetine (cannot not use with tamoxifen – ok to take citalopram)
gabapentin
diphenhydramine for sleep

If fail lifestyle and ideal candidate: (<60, less than 10 years from last menstrual period, no history of heart disease, stroke, clots, breast /endometrial cancer, or abnormal bleeding) consider Hormone Therapy (short and lowest dose possible)

HORMONE THERAPY

- Cons: breast cancer risk increased after 5 years of use, uterine cancer risk if no progestin given.
- But PROS: will help with symptoms, maintenance of bone mineral density
- if you have a uterus: need to take estrogen and progestin combination (Activella) or add micronized progesterone 200 mg x 12 days every month in addition to estrogen
- if no uterus, ok to take estrogen alone
- Start low oral 17-beta [estradiol](#) 0.5 mg/day] (ESTRACE) or 0.025 mg of transdermal estradiol
- patch may be preferred due to less breast tenderness

Estrogen and progestin: comes in pills, patch, rings

VAGINAL PAIN/DRYNESS

- Regular sex
- Pelvic floor exercises
- Vaginal lubrication (astroglide, lubricating jelly)
- vaginal moisturization (Replens)

TOPICAL ESTROGEN

-Cream, tablets, ring, all equally effective

MENOPAUSE ALTERNATIVE THERAPIES

Acupuncture: not superior to placebo, may cause infections

Phytoestrogens (soy): not superior to placebo, may cause GI upset bloating

Black Cohash: not superior to placebo, may cause liver dysfunction

Vitamin E: minimally reduced hot flushes, may increase risk of bleeding if taking anticoagulants