

# **NOOGLE (NOGS ka Google)**

**Don't Google.....Ask Noogle**



**MENOPAUSE**

**NOGS 20-21 & AMOGS PAC INITIATIVE**

**VOLUME - 7**



# **NOOGLE**

**(NOGS ka Google)**



**Don't Google... Ask Noogle**

## **THE TEAM**



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## **COMPILED BY**



**Dr. Arti Wanjari**



## From the NOGS President's Desk . . .



Dear Members,

It gives me immense pleasure to hand over the seventh volume of Patient's Information handouts which is going to be monthly feature. The seventh volume focuses on "MENOPAUSE."

In recent years, patients have increasingly requested the opportunity to participate fully in their medical care. An important part of responding to this is providing educational handouts that inform patients about health problems, describe medical treatments, and promote healthy behaviors. They are useful extension of spoken communications and are also an extension of medical care. Spoken messages are forgotten quickly and so they need to be reinforced with the informative handouts. Educational handouts are an important part of the communication patients receive from health care providers.

This is our small effort to provide our members with these ready handouts for better communication with their patients. The member can print and use them for their patients benefit. We hope that you will find them useful.

I wish to profusely thank the ever enthusiastic, ever ready NOGS Member Dr. Arti Wanjari for toiling very hard and putting it up together within a very short span of time. We deeply appreciate her super effort.

Wishing you all a very healthy patient interaction.

Sincerely,

Dr. Vaidehi Marathe

President NOGS 2020-21

Chairperson PAC AMOGS



## Message from the President AMOGS...



**Hello everyone,**

**The theme of AMOGS this year is “We for Stree”. I would like to thank every AMOGSian who has helped making every woman Safer, Stronger, and Smarter.**

**I would like to congratulate Dr. Vaidehi Marathe and Team NOGS for this Patient education booklet. I would also like to thank the contributors and the editorial team for their contributions towards this great booklet.**

**The aim of this booklet is to ensure that you are able to get basic knowledge regarding different areas of women health care. I hope this booklet helps you achieve that and clears all your doubts.**

**Dr. Nandita Palshetkar  
President  
AMOGS.**





# INDEX



<b>Sr. No.</b>	<b>Topics</b>
01	What is Menopause?
02	What is the average age of menopause?
03	What are the Hormonal Changes during Menopause?
04	What are the symptoms in Menopause?
05	How do you do the basic universal assessment of woman with menopause?
06	What is the management of Healthy woman with no symptoms?
07	How do you manage vasomotor symptoms?
08	What is MHT?
09	What are the types of MHT?
10	What are the routes of administration for MHT?
11	For how long MHT can be taken?
12	What are the contraindications to MHT?
13	What is the non-hormonal treatments for menopausal symptoms?
14	What is the use of levonorgestral IUD in menopause?
15	What are the indications for Dexa scan?
16	What are risk factors for osteoporosis?

# MENOPAUSE

## 1. What is Menopause?

- Menopause is a biological stage in a woman's life marked by cessation of menstruation. A woman not menstruating for one year after her last period is termed as being post-menopausal.

## 2. What is the average age of menopause?

- In India it is 46.5 years and rest of the world is 52 years

## 3. What are the Hormonal Changes during Menopause?

↑FSH (Follicular Stimulating Hormone)

↑LH (Leutinizing Hormone)

↑AMH (Anti Mullerian Hormone)

↑Inhibin

↓Estradiol

## 4. What are the symptoms in Menopause?

- Symptoms in Peri-menopause and Menopause
- **Early**
  - Vasomotor – Hot flashes, night sweats, mood disturbances and irritability
  - Menstrual – Irregular cycles, first short and then long Abnormal Uterine Bleeding (AUB)
- **Intermediate**
- 1. Musculoskeletal
  - Aches and Pains, Arthralgia,
  - Urogenital Atrophy, Itching of Vagina, Dryness, Frequency of Urine. Dyspareunia, and Low Libido.
- **Late symptoms**
  - Osteoporosis,
  - Metabolic Syndrome,
  - CHD
  - Cancers and
  - Alzheimer's Disease

## **5. How do you do the basic universal assessment of woman with menopause?**

### **Family History**

- CHD,
- HT,
- DM,
- Breast Cancer,
- Colon Cancer,
- Ovarian Cancer,
- Alzheimers
- Fractures

### **Personal History**

- Last menstrual period, age, of menarche,
- PCOD, HT, DM, CHD, Fracture,
- Diet and physical activity
- Sleep and sexual diseases
- Liver disease
- Gall bladder or pancreas problems
- Use of OCP or MHT
- Alcohol or drug use
- Eyes or hearing problem



# Physical Examination

- Height
- Weight
- BMI
- Blood Pressure
- Waist measurement
- Gait
- Eye
- Hearing
- Hand shake
- Breast
- Chest
- P/A
- P/S
- P/V
- TVS

# Investigations

- CBC,
- Bld. Sugar
- HBA1C
- TSH
- Lipid Profile
- KFT & LFT if indicated
- Pap Smear
- USG and mammography of breast
- Dexa Scan if risk factors

## **6. What is the management of Healthy woman with no symptoms?**

- Education
- Counselling
- Assessment of risk factors
- Life style modifications
- Weight control and nutrition
- Vitamin D 800 – 1200 IU
- Calcium 1200 mg.
- Vitamin B12 supplementation
- Moderate alcohol
- No smoking
- Exercises Aerobics, range of movement, resistance and weight training, stretching
- Yoga
- Meditation

## **7. How do you manage vasomotor symptoms?**

- Loose clothing, Dress in layers
- Cool air and avoid spicy food
- Menopausal Hormonal Therapy \_within 10 years of menopause or before 60 years of age
- After counselling and assessment for risk of MHT, stroke, DVT or any other comorbidity where MHT is contraindicated

## **8. What is MHT?**

- MHT is Menopausal Hormone Therapy
- It can be used for
- Hot flashes
- Night sweats, irritability
- Insomnia
- Urogenital syndrome
- Prevention of osteoporosis

## **9. What are the types of MHT?**

- Estrogen alone when no uterus
- Combination of Estrogen \_Progesterone when uterus is there.
- Selective estrogen receptor modulators (SERMS) when there is risk of estrogen and breast cancer
- Tibolone / Selective tissue osteoporosis activity regulator (STEAR)

## **10. What are the routes of administration for MHT?**

- Oral
- Transdermal spray
- Gel
- Patches
- Vaginal Tablets
- Creams
- Intramuscular
- And Intra Uterine Device (IUD)

## **11. For how long MHT can be taken?**

- Within 10 years of menopause and before 60 years of age.
- For shortest periods for the relief of symptom
- For Hot flashes, it can be continued beyond 60 years, with proper counselling.
- Vaginal route daily for 2 weeks and then twice weekly for 1 year.
- If patient needs more, then it can be used for longer periods with counselling
- Estrogen and progesterone can be given up to 3 – 5 years.

## **12. What are the contraindications to MHT?**

- Known or suspected estrogen sensitive malignant conditions
- Undiagnosed genital bleeding
- Untreated endometrial hyperplasia
- Previous idiopathic or current venous thromboembolism
- Untreated hypertension
- Active liver disease

### **13. What is the non-hormonal treatments for menopausal symptoms?**

- Gabapentin
- Venlafexine
- Paroxetine, Fluoxetine
- Isoflavones Lycopene

### **14. What is the use of levonorgestral IUD in menopause?**

- During perimenopause
- Contraception
- Control of bleeding AUB
- Women with side effects for oral progestogens

### **15. What are the indications for Dexa scan?**

- All women 5 years beyond the age of natural menopause
- Women with particular risk factor
- Women with fragility fractures
- Radiological evidence of osteoporosis and presence of vertebral compression fractures
- Before initiating pharmacotherapy for osteoporosis

## **16. What are risk factors for osteoporosis?**

### **Non Modifiable**

- Female
- Menopause
- History of fragility fractures
- History of fragility fractures in family

### **Modifiable**

- Physical activity - muscle building exercises
- BMI
- Smoking
- Alcohol >3 drinks /day
- Calcium
- Sun exposure
- Fall prevention