

MENOPAUSE UPDATE – NOVEMBER 2007

'New Directions in Postmenopausal Hormone Therapy' Alan M Altman, MD. The American Journal for Nurse Practitioners. 11/12/07

Here are a few comments:

“The best treatment for estrogen withdrawal symptoms in the source: estrogen” Based on the most recent findings, estrogen begun around the time of a woman’s final menstrual period (during perimenopause or within 10 years), and used for long periods, helps protect her heart, brain, breast tissue, and bones. When adding progesterone (Prometrium or a compounded progesterone), scientific evidence supports the efficacy and safety of this therapy.

The article points out the symptoms of estrogen *withdrawal* which often *resolve* with time such as; hot flashes, night sweats, sleeplessness, palpitations, headaches, mood swings and fatigue. It also points out the symptoms of estrogen *deficiency* which *worsen* with time such as; vaginal effects (dryness, atrophy), brain (cognitive decline), bone (loss of density), blood vessels (atherosclerosis), skin (premature wrinkling), joints (tightness), mucous membranes (dryness), genitalia (loss of libido). The article assures us that we are heading in the right direction by prescribing hormone therapy to those women who are candidates for it and to those who can tolerate it.

Hope this helps! Take good care,

Nancy Siskowic