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What's Up With My Hormones? – Guiding You Through the Menopause Maze

- On average women suffer with perimenopause symptoms for 7 to 8 years
- Testosterone is an important female hormone, women produce at least as much as oestrogen
- In some women a fall in testosterone results in a fall in libido
- Doctors often don't ask the right questions and therefore don't get the right answers
- Brain fog improves with a balance in hormones via HRT
- There is not enough interaction between gynaecologists and psychiatrists with regard to diagnosis and treatment
- Symptoms should be documented before an appointment so they can be reviewed with the doctor
- Optimising lifestyle, exercise, minimising alcohol, smoking, mindfulness, yoga, hypnotherapy, CBT should all be tried to start with
- Individualised treatment options should be provided for each woman
- If a woman who has had breast cancer is suffering with menopause symptoms HRT can be considered, they may be prescribed tamoxifen too, every person is different
- Evidence is highly encouraging that there are cardiovascular benefits to starting HRT sooner rather than later in life
- HRT is also an effective treatment for osteoporosis

- Vaginal oestrogen does not increase the risk of breast cancer and some women may only need this on its own for symptoms
- Vaginal oestrogen for UTIs is a better option than antibiotics as it reverses the pathology
- It is really important to get hormone balance right for women in premature menopause as they will spend so many years in this phase of their life
- Blood tests are not used to diagnose peri menopause but are useful for women who are on HRT if their symptoms are not under control to check hormone levels.