



MENOPAUSE 101

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Let's discuss growth
"growth"
How much does one go
before birth?
How long and how fast at the
same rate?
That change

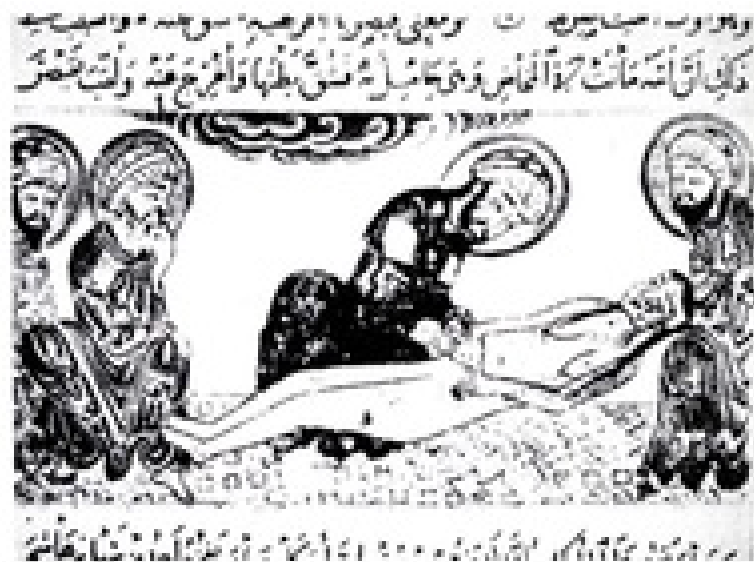


2019 Mayo Clinic Proceeding Study.....

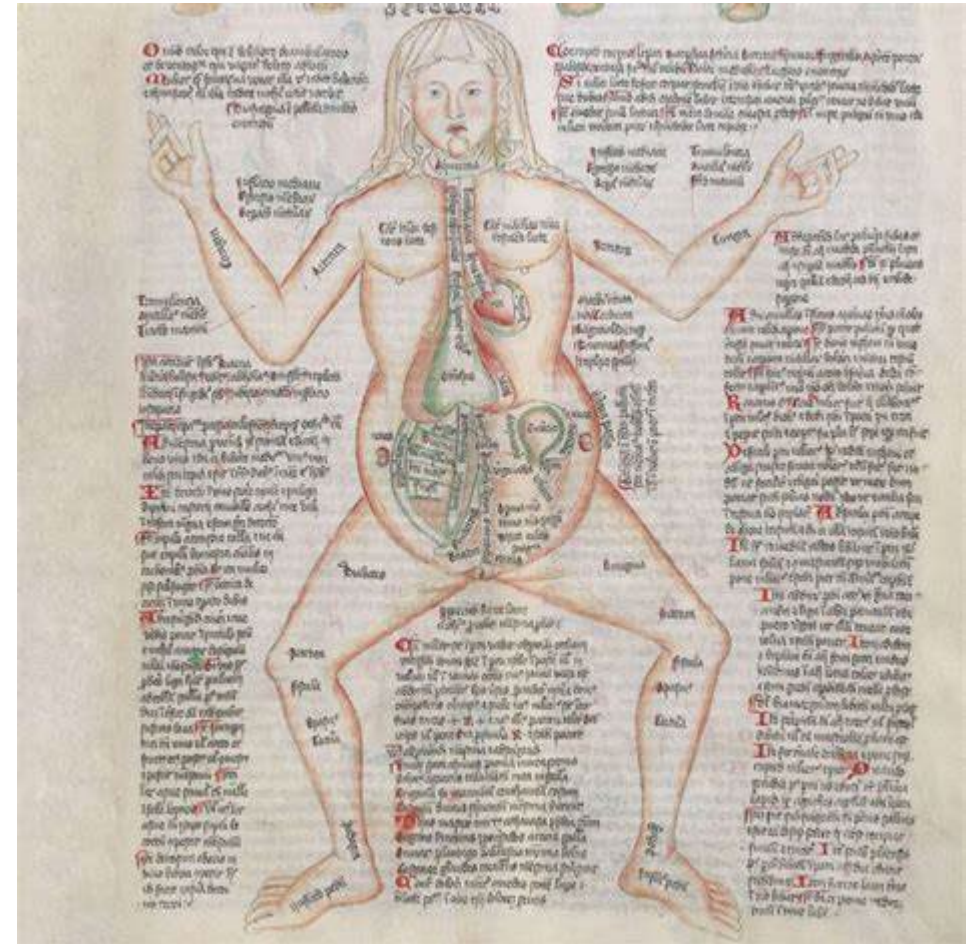
- 6.8% prepared to manage women experiencing menopause symptoms
- 20.3% reported not receiving any menopause lectures during residency
- 93.8% believed it was important or very important to be trained in safe and effective menopause management.
- DOI:<https://doi.org/10.1016/j.mayocp.2018.08.033>

HOW DID WE GET HERE....

The pudendum.....



Cesarean section. Miniature from a 1307–1308 Arabian manuscript, *al-Athar al-Baṣiṭa*.



Menopause Diction:

1. "POST MENOPAUSAL"

REFERS TO A WOMAN WHO HAS NOT HAD A MENSTRUAL CYCLE IN OVER 12 MONTHS.

2. "PRE-MENOPAUSAL"

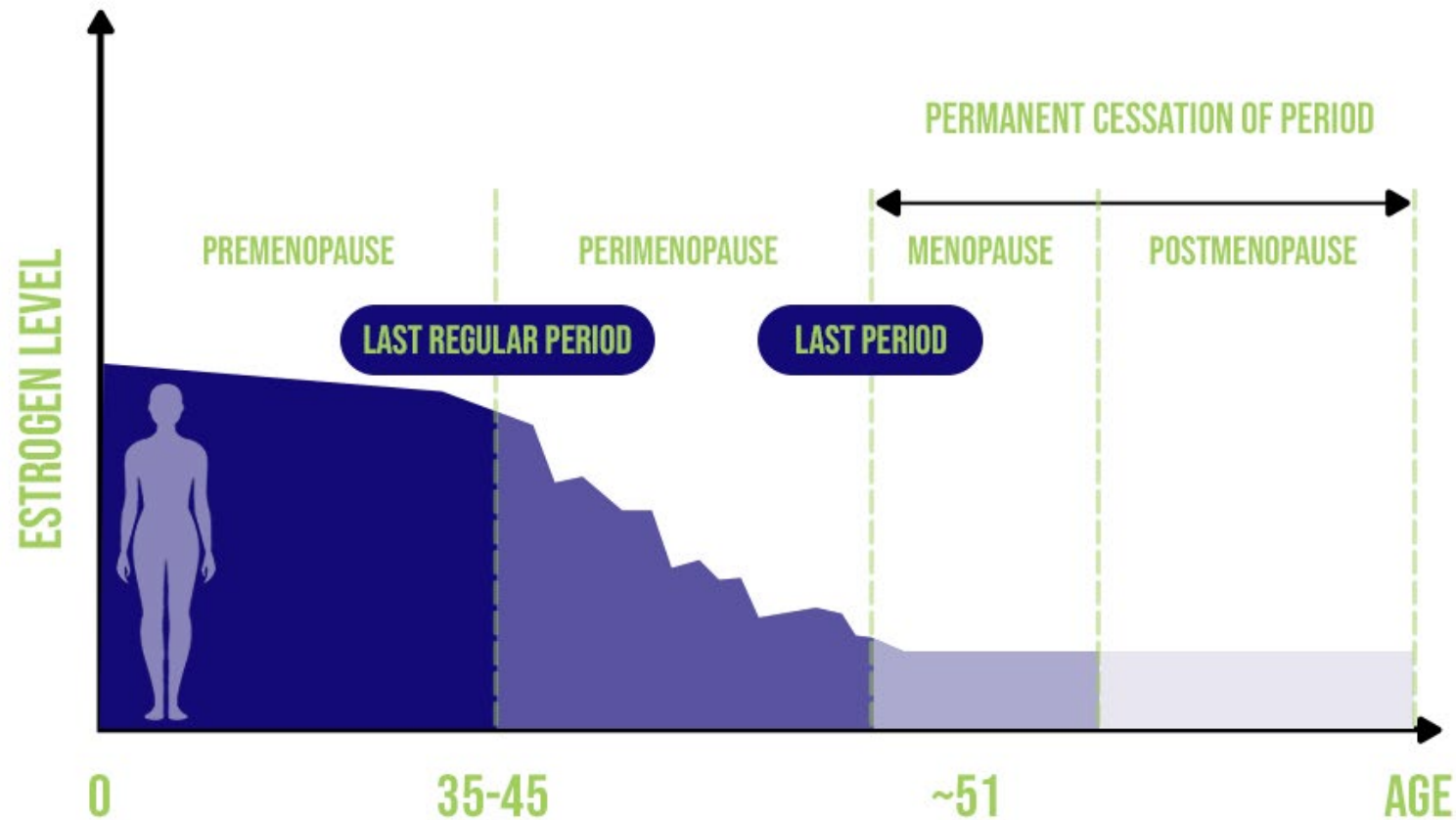
NOT THAT HELPFUL.....REFERS TO A WOMAN WHO HAS A MENSTRUAL CYCLE IN 12 MONTHS AND IS "ASYMPTOMATIC."

3. "PERI-MENOPAUSAL"

REFERS TO A WOMAN WHO IS HAVING MENOPAUSAL "SYMPTOMS" WHO HAS HAD A MENSTRUAL CYCLE WITHIN THE PAST 12 MONTHS.

Menopause/Perimenopause: Estrogen

STAGES OF THE MENOPAUSE TRANSITION

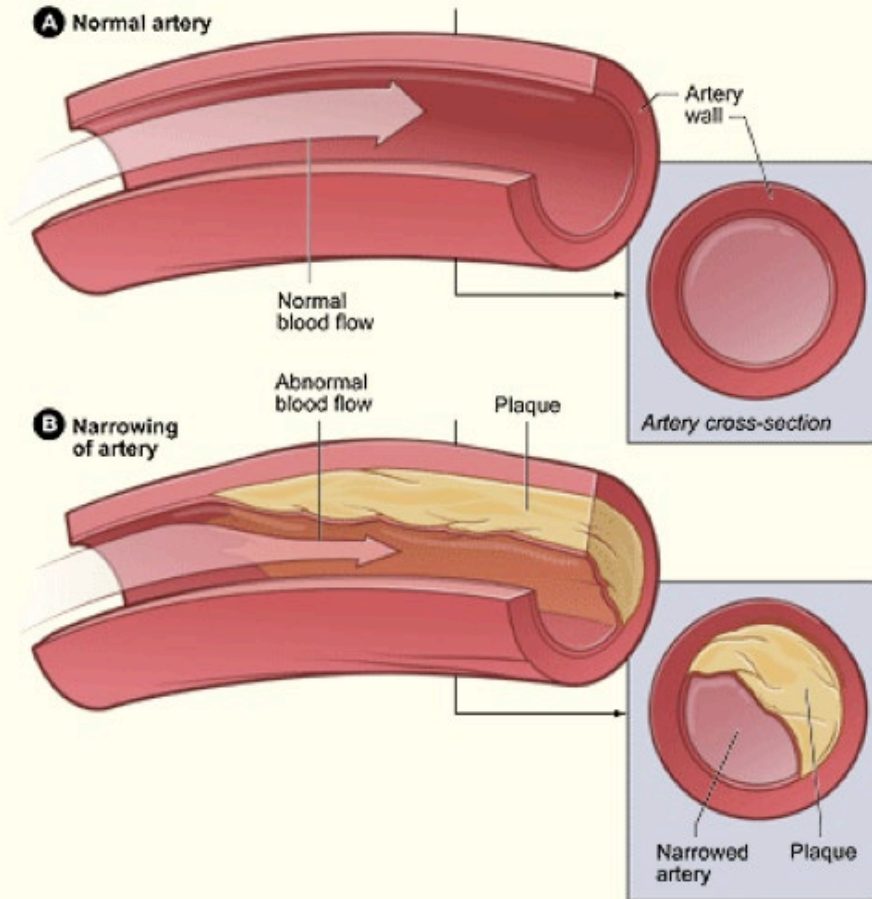


WHAT ISN'T NORMAL

MENSTRUAL CYCLE STOPS BEFORE AT 40

VAGINAL BLEEDING AFTER MENOPAUSE

WHAT ESTROGEN DOES FOR US





“PERI-MENOPAUSAL” BLEEDING THAT NEEDS ATTENTION

A. “TOO MUCH”

B “TOO OFTEN”

C. “TOO RISKY”

TOO MUCH



>80-100 mL blood loss per cycle

Anemia

TOO OFTEN

- cycle length variance >9 days

TOO RISKY

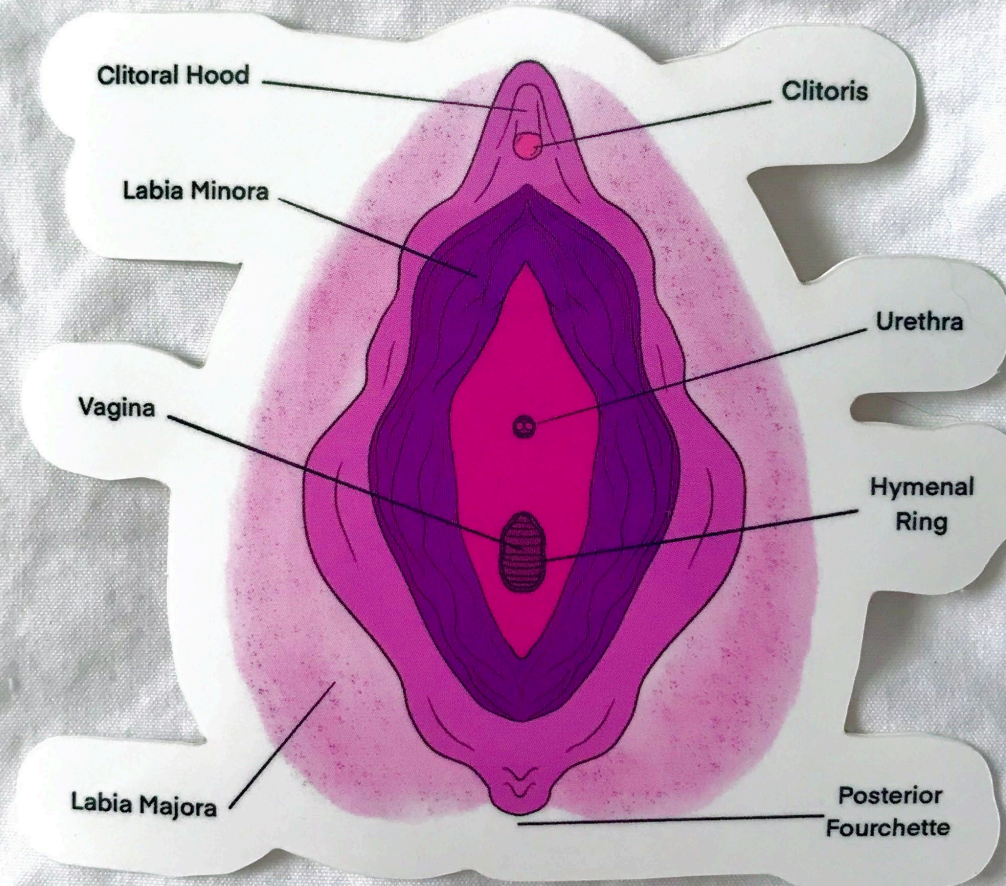
- OBESITY
- Family history of endometrial, ovarian, breast, or colon cancer
- TYPE 2 DIABETES
- NULLIPARITY
- POLYCYSTIC OVARIAN SYNDROME



PROTECTION



Lisa Hellerich
photography



MOST COMMON CONCERNS

#1.

URINARY INCONTINENCE

#2 .

HOT FLASHES/HRT

#3 .

DECREASED LIBIDO

#4.

IRREGULAR BLEEDING AND MANAGEMENT

#5

BREAST CANCER

REFERENCES/SOURCES

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