

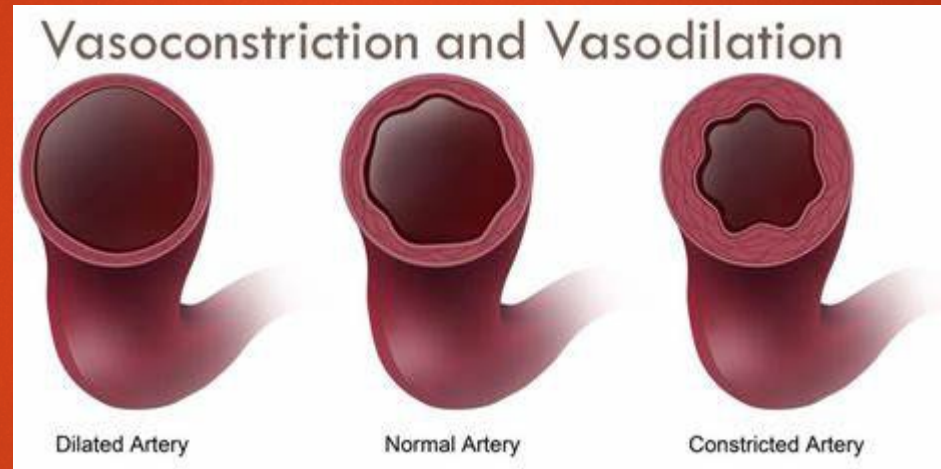


The HOT *Flash*

B MONTES-SANDERS ARNP

WHY IT HAPPENS

▶ ?????????????

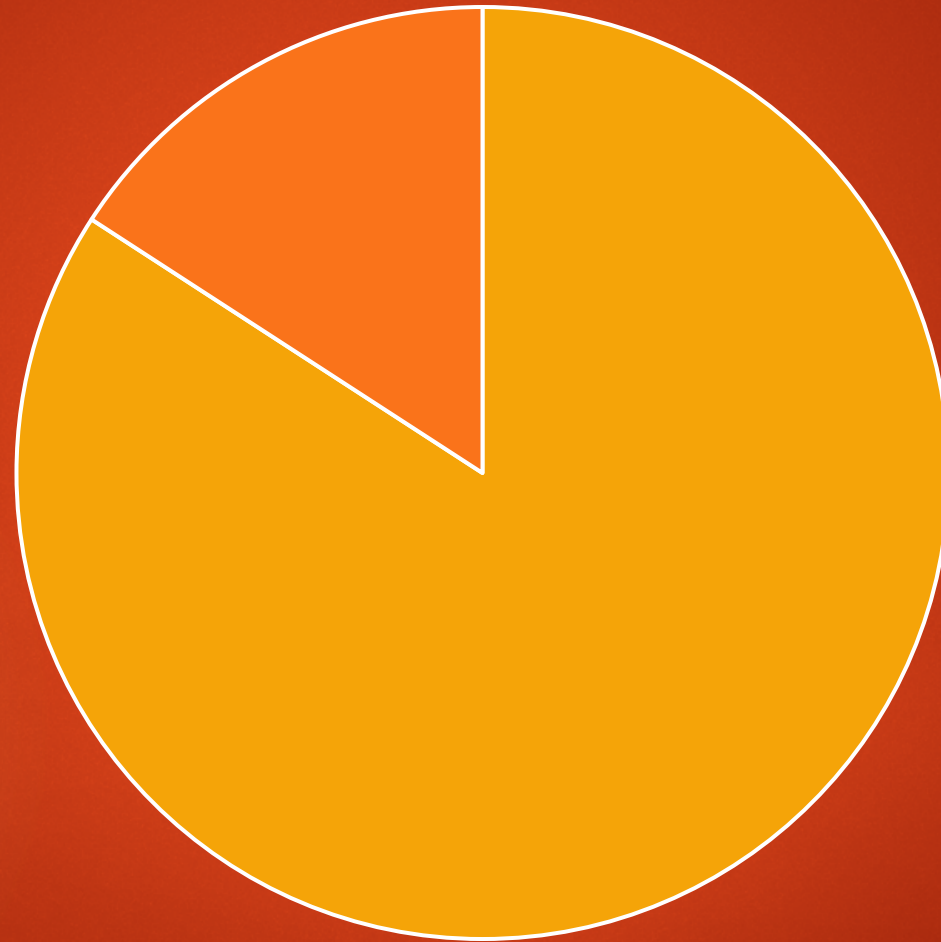


ONE **SIZE** DOES NOT FIT ALL

70-80% of women report having hot flashes.

- ▶ **Duration** — •Nine percent of women were still experiencing hot flashes at age 72 years in one study [22]. In a second study, 8 percent of women continued to have hot flashes into their late menopausal years (≥ 20 years beyond menopause) [21].
- ▶ •The best estimate of total VMS duration comes from the Study of Women across the Nation (SWAN) [24]. Among 1449 women with VMS, the median total VMS duration was 7.4 years, with symptoms persisting for a median of 4.5 years after the FMP. Women who were premenopausal or early perimenopausal when they first experienced VMS had the longest total duration (> 11.8 years, post-FMP median duration 9.4 years). When compared with other racial/ethnic groups, African American women had the longest total VMS duration (10.1 years), while Chinese and Hispanic women had the shortest (approximately five years).

WHAT PROVIDES RELIEF!



■ ESTROGEN REPLACEMENT

■ NON-HORMONAL THERAPY

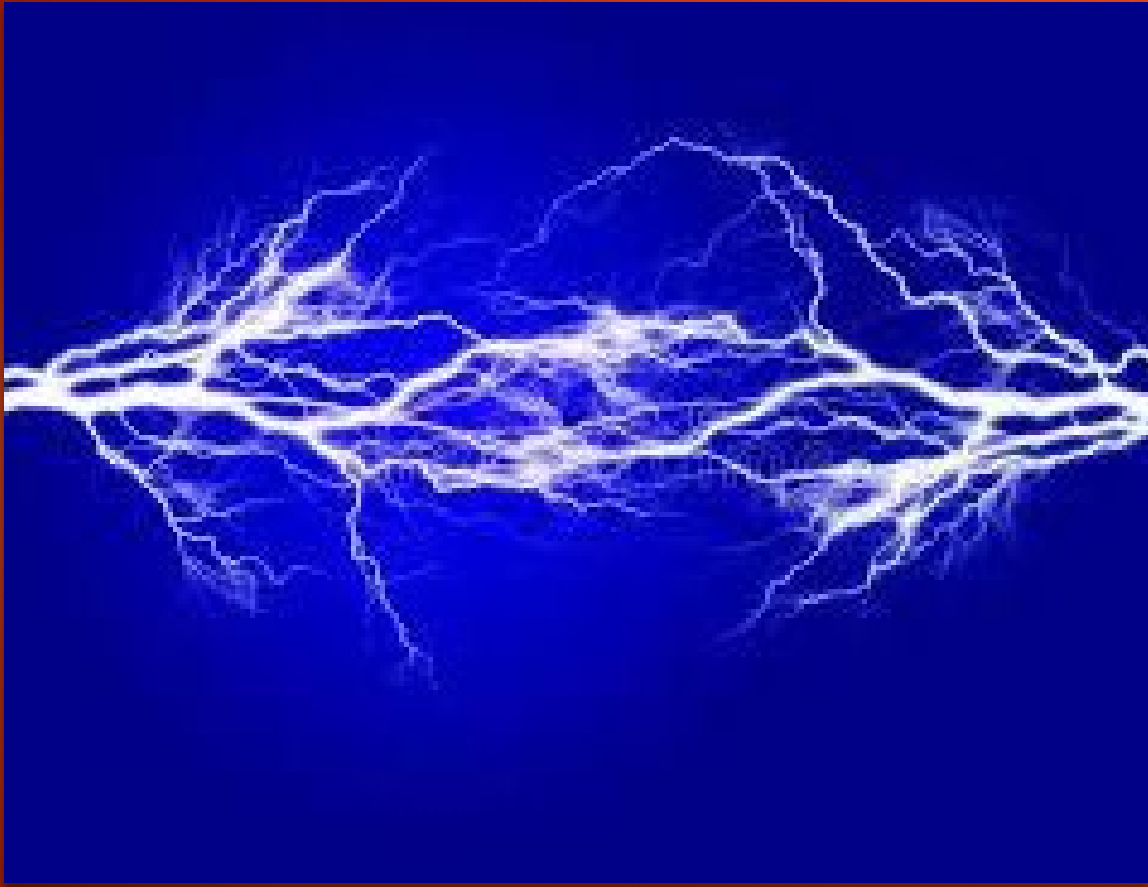
EVIDENCE DOES NOT SUPPORT

- ▶ EXERCISE
- ▶ ACUPUNCTURE
- ▶ BLACK COHOSH
- ▶ SOY
- ▶ FLAX SEED
- ▶ EVENING PRIMROSE OIL

DON'T MAKE A BAD SITUATION WORSE



NON-HORMONE OPTIONS



NEURONTIN/GABAPENTIN

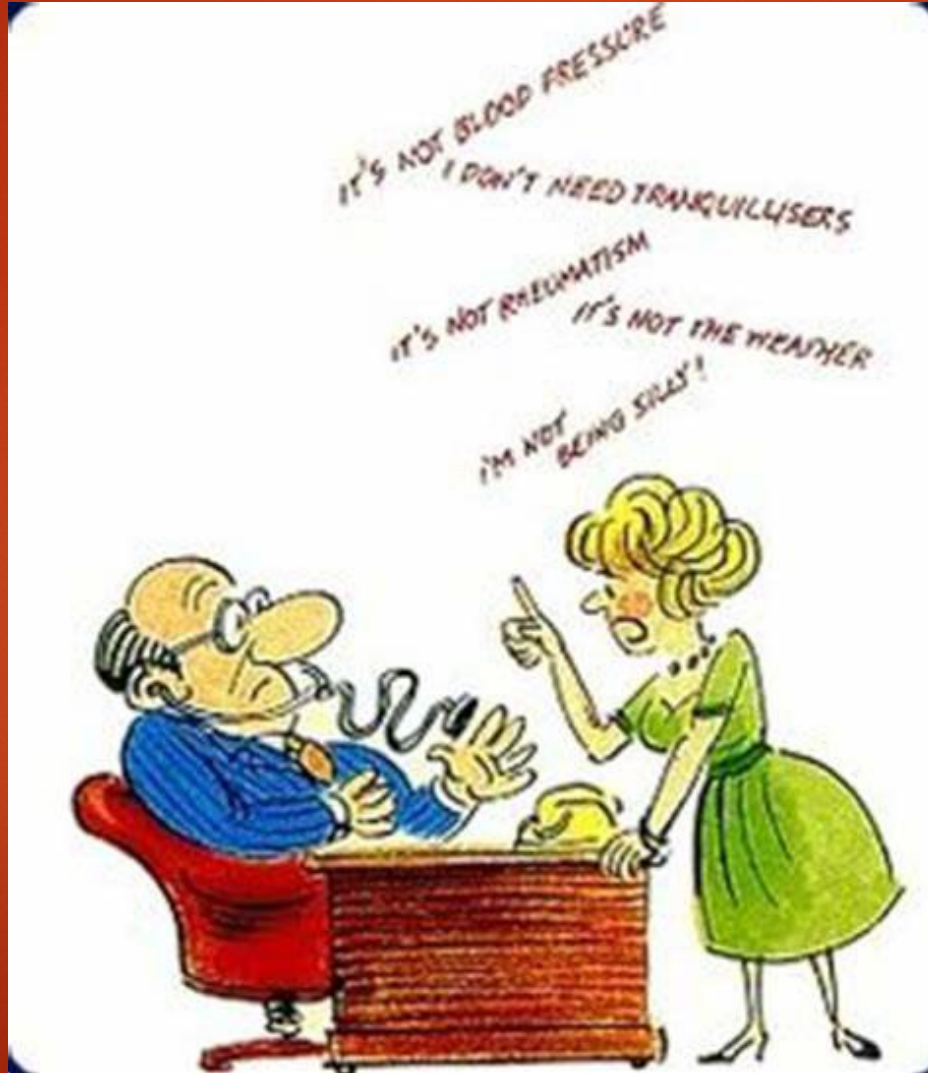
NON-HORMONE OPTIONS

- ▶ VENLAFAXINE/EFFEXOR

- ▶ OTHER MEDICATIONS THAT INCREASE SEROTONIN

PAXIL, CELEXA, LEXAPRO

Evidence Supports: **ESTROGEN**



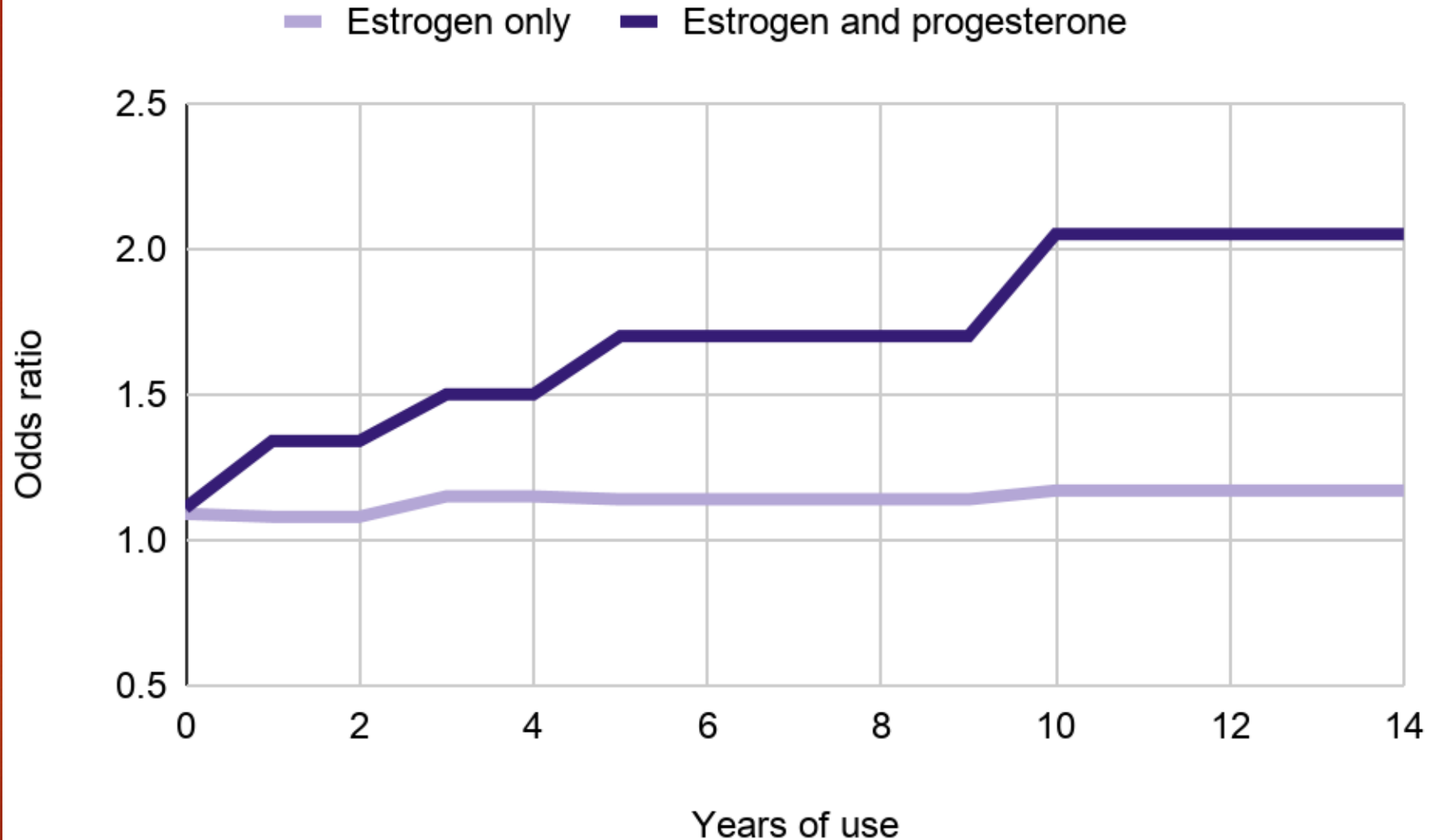
ESTROGEN ONLY + UTERUS = POSSIBLE ENDOMETRIAL CANCER



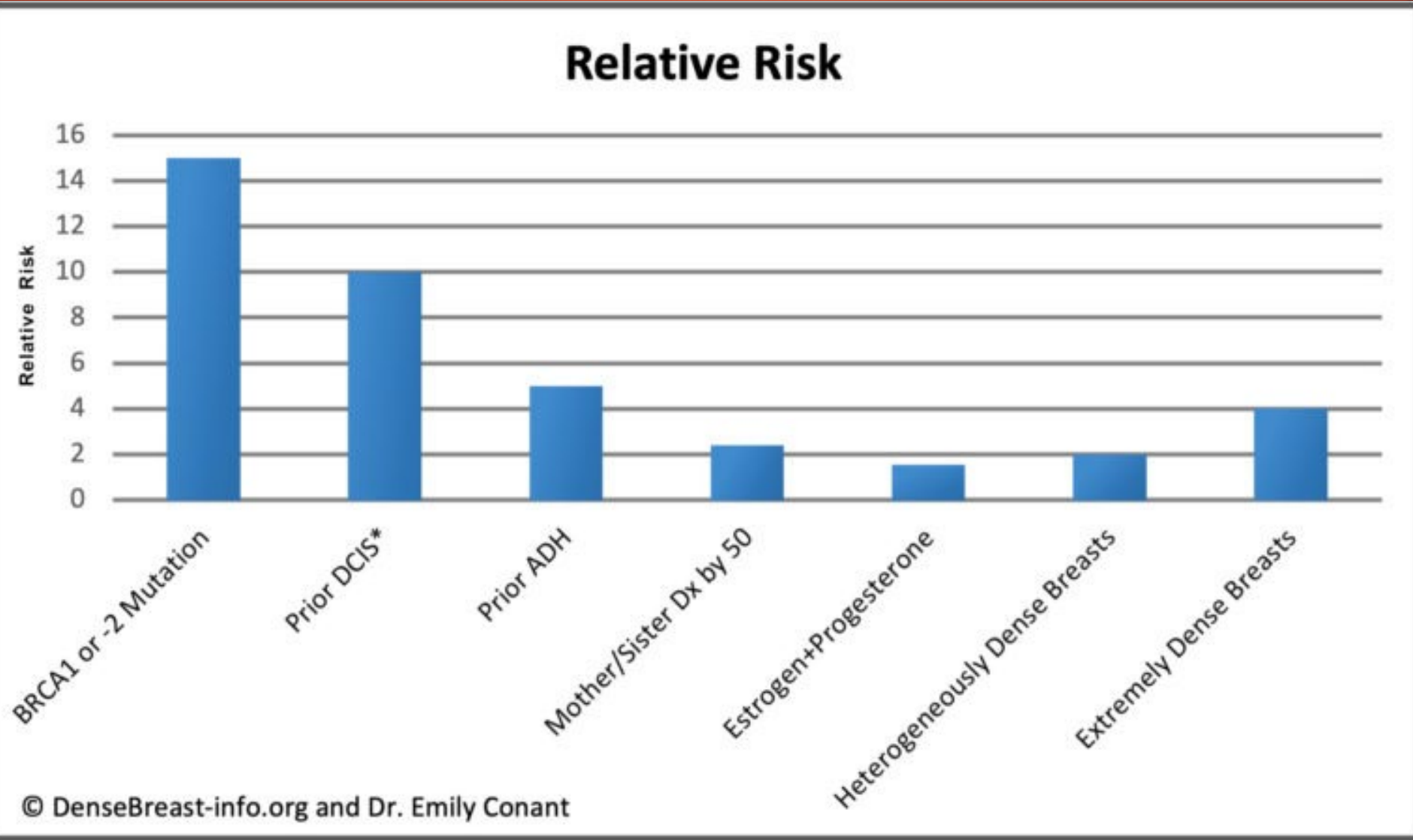
RESULTS FROM WOMEN'S HEALTH INITIATIVE STUDY (WHI)

- ▶ WHI (1991-2005)
- ▶ ESTROGEN
- ▶ ESTROGEN + PROGESTERONE
 - BREAST CANCER
 - Cardiovascular disease
 - Thromboembolism

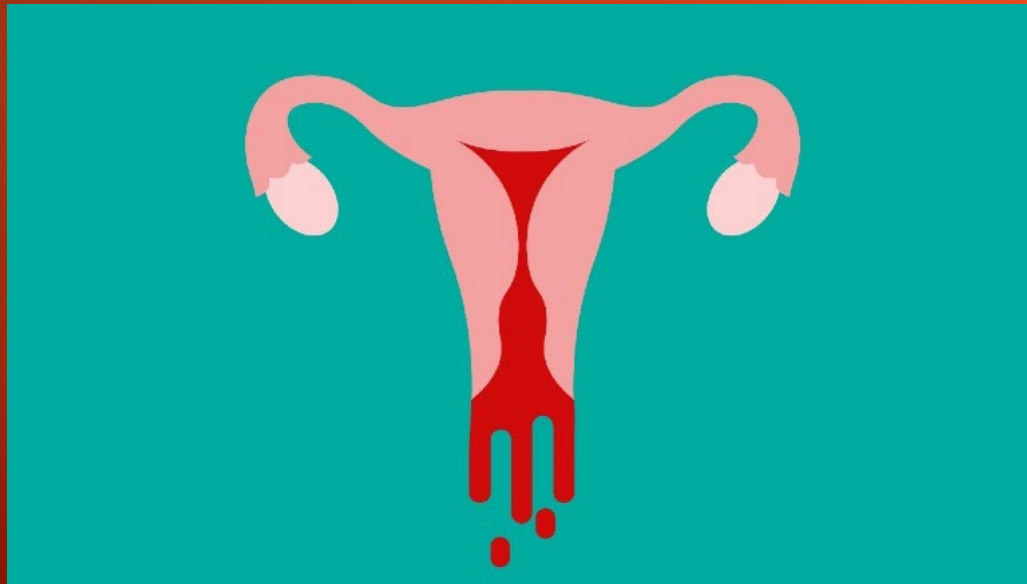
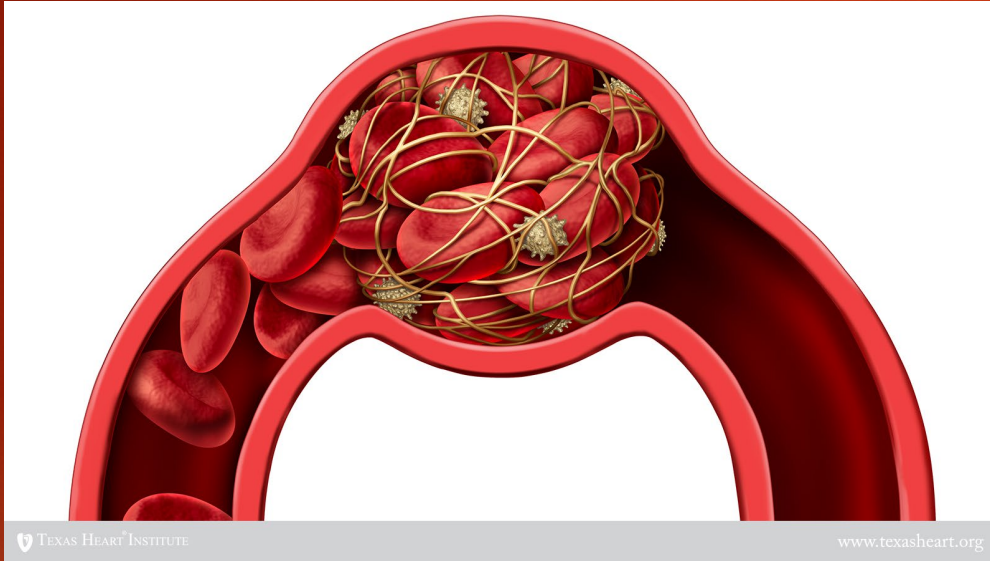
Odds of developing breast cancer based on recent HRT use



RELATIVE RISK



WHO SHOULD NEVER BE ON HRT/ERT



WHO SHOULD THINK VERY HARD.....



Chromosome 17



Chromosome 13

ROUTES



BENEFITS OF HRT

ESTROGEN ONLY

- CHD – 5.5 fewer cases
- Invasive breast cancer – 2.5 fewer cases
- Colorectal cancer – 0.5 fewer cases
- Hip fracture – 1.5 fewer cases
- All-cause mortality – 5.5 fewer events

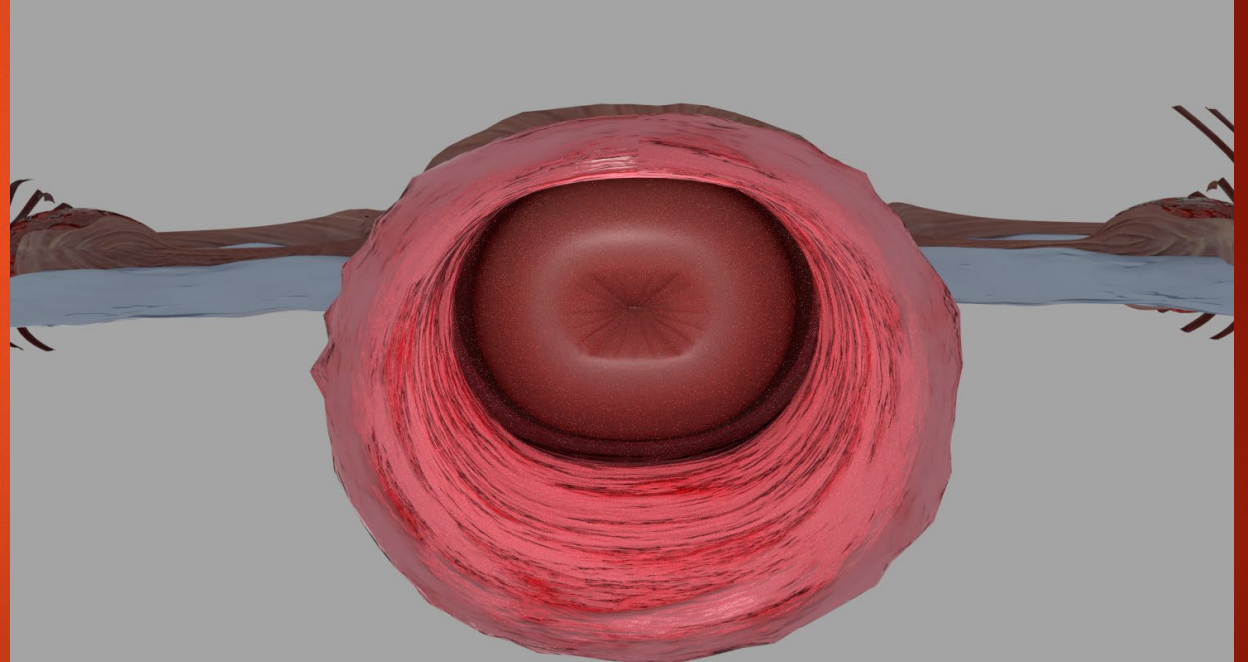
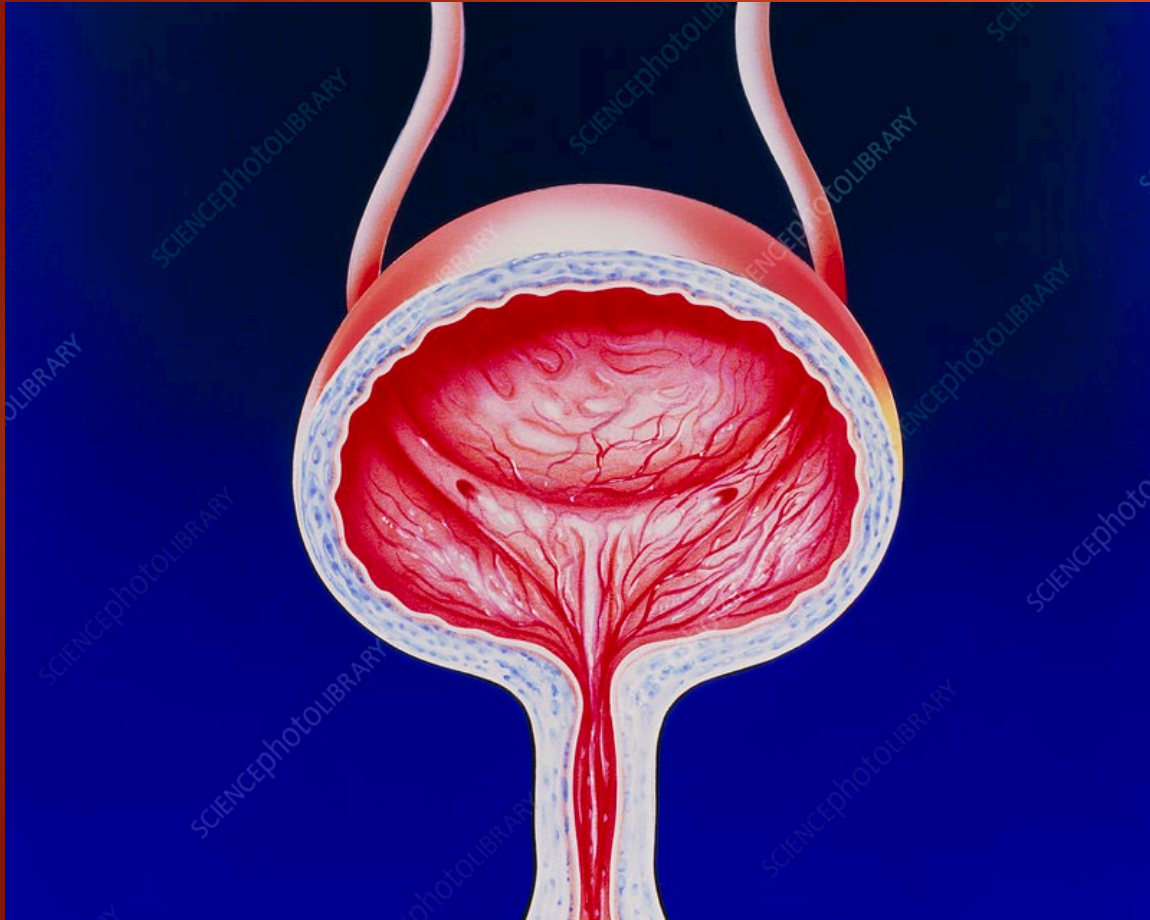
ESTROGEN + PROGESTERONE

- Colorectal cancer – 0.5 fewer cases
- Hip fracture – 1.5 fewer cases
- All-cause mortality – 5 fewer events

*•Combined estrogen-progestin therapy – Number of cases (additional or fewer) per 1000 women per five years of hormone use when compared with placebo

Estrogen-alone therapy – Number of cases (additional or fewer) per 1000 women per five years of hormone use when compared with placebo

WHAT ORAL ESTROGEN WILL **NOT** DO FOR YOU



REFERENCE

Menopausal hot flashes-up to date

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All topics are updated as new evidence becomes available and our [peer review process](#) is complete.

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REFERECNES



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