CME Questions

Menopause

Ekanayake C¹

¹Consultant Obstetrician and Gynaecologist and Senior Lecturer, Department of Clinical Sciences, Faculty of Medicine, General Sir John Kotelawala Defense University.

E mail - cdekanayake2000@yahoo.com

1. Regarding menopause

- Vasomotor symptoms are present in 75% of women going through menopause.
- Estrogen alone preparations have a beneficial effect on high-density lipoproteins (HDL) and low-density lipoprotein (LDL).
- A significant amount of women with fracture neck of femur die within the first year.
- If the duration of treatment of Estrogen exceeds 1 year, it has to be under specific individualized indications with intense follow-up and monitoring.
- All women should have screening for BRCA gene mutation even if there is a negative history for breast and ovarian cancer.

2. The following are contraindications for hormone replacement treatment (HRT)

- Diabetes mellitus
- Past history of breast cancer
- Migraine
- Past history of deep vein thrombosis
- Essential hypertension

3. A 55-year old woman with hot flushes and night sweats presents to the gynaecology

clinic. She underwent a mastectomy and radiotherapy for breast cancer 3-years back. She has a strong family history of osteoporosis. What is the best option to manage her symptoms?

- Hormone replacement treatment (HRT)
- Raloxifene
- Tamoxifen
- Norethisterone
- Transdermal HRT

4. A 60-year old woman with a documented history of Transient Ischaemic Attacks (TIA) complains of vasomotor symptoms. What is the best treatment option,

- Hormone replacement treatment (HRT)
- Transdermal HRT
- Vaginal Estrogen
- Tamoxifen
- Phyto-Estrogen

5. A 45-year old woman with two children complains of headache, sweating and hot flushes. She had a hysterectomy five years back for menorrhagia. The general and gynaecological examination findings were normal. What is the most appropriate treatment regimen?

- Vitamin E
- Norethisterone
- Estrogen and progestogen HRT
- Combined oral contraceptive pill
- Estrogen only HRT

References

- Patterson M. Menopause and hormone replacement therapy. In: Luesley DM, Baker PN, editors. Obstetrics and Gynaecology: An evidence-based text for MRCOG. 2nd ed. London: Hodder Arnold; 2010.

2. Luesley DM, Baker PN, editors. MCQs and Short Answer Questions for MRCOG. An aid to revision and self-assessment. 1st ed. London: Hodder Arnold; 2004.
3. Perera H. Ekanayake C. Menopausal hormone therapy with Estrogen and progestogen. Sri Lanka Journal of Menopause. 2019; 1 (1):5-12.

Answers

1. All true
2. FTFTT
3. D
4. B
5. E

* Table 01 shows a summary of menopausal treatment options

Table 01 : Menopause Treatment options

	HRT	Transdermal HRT	Vaginal oestrogens	Norethisterone	Tamoxifen	SERM	Tibolone	Clonidine	SSRI	Bisphosphonates	Plant oestrogens
Vasomotor symptoms	↓	↓		↓	↑	↑	↓	Slight ↓	↓		↓ evidence?
Breast	↑	↑	-	↑	↓	↓					↑
Osteoporosis	↓	-	-	-	↓	↓				↓	↓
Cardiac risk	<60 - protective >60 - Risk ↑	= HRT		-							
Endometrial effects	O - ↑, O+P -			↓	↑						
VTE	↑	-			↑