

Menopause and Breast Cancer

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Menopause specialist



What is menopause?

MENOPAUSE

- No period for 12 months
- Average age in UK 51



PERIMENOPAUSE

- Starts up to 10 years before menopause
- Changes to bleeds
- Fluctuating hormones and symptoms

POST MENOPAUSE

- No Bleeds



Symptoms

Hot flushes

Night sweats

Vaginal dryness

Painful sex

Low libido

Joint pains

Mood changes

Difficulty
sleeping

Memory and
concentration
problems

Feeling
anxious/irritable



Causes of menopause in cancer patients

Chemotherapy

Hormonal therapy

Natural menopause



Effects of Early Menopause < 45yrs

Cardiovascular

Bone

Osteoporosis
(role of DEXA)

Brain

Impaired cognition
and risk of
dementia

Mood

**Sexual
Dysfunction**





Common themes

- 'Shock - I had no idea
- 'Overwhelming'
- Putting up with symptoms
- Hard to know is this the cancer or the effect of treatment, recurrence or menopause?

Symptoms in focus

Hot flushes and night sweats

Genitourinary symptoms

Sexual dysfunction



My Approach in clinic

Is it menopause/ treatment induced?

Optimising
sleep/nutrition/movement/stress

Medications for specific symptoms

Alternative therapies

Specific focused treatments for
GSM/ Sexual issues



Lifestyle

- Focus on nutrition / sleep / stress reduction / movement
- Reducing alcohol
- Small changes, don't try and do it all at once!
- Tagging onto current habits



Medications and Alternative therapies



Medications for hot flushes – oxybutynin, venlafaxine, Citalopram, Veozah



CBT , Hypnosis



Breathwork and mindfulness



Supplements



Acupuncture



Genitourinary Syndrome of Menopause - GSM

- Symptoms in
 - Vulva
 - Vagina
 - Urinary system
 - Sexual dysfunction



"it feels like
sandpaper"

"I can no longer
wear underwear
as it's too painful"

"I've given up on
exercise, especially
cycling"

"I can't even
contemplate my
smear test"

"Sex is just
excruciating; my
partner and I just
completely avoid it"



What symptoms might I get?

Dryness

Painful sex

Soreness/Irritation

Urinary symptoms

Bleeding



GSM treatments

Simple vulval care

- Avoid soaps
- Avoid over-washing
- Emollients

Non hormonal

- Vaginal moisturisers
- Lubricants

Hormonal

- Oestrogen creams
- Pessaries
- Oestrogen gels



Preparations



Sex and Libido

- Ok for you to feel differently about sex
- Other ways to be intimate
- Body has been through huge changes
- Take time to rediscover your body and how it responds
- Be open to all kinds of pleasure not just sexual
- Learn to reconnect with your body
- Communicating with your partner is key
- Don't put up with painful sex



Things to help with painful sex



- Lubricants
 - Products with potentially harmful ingredients should be avoided; parabens, glycols, perfumes, glitter!!
 - YES Oil based / Water based
 - Together double glide!
 - Not OB with condoms unless latex free
- Massage /stretching
- Ohnut
- Dilators – supervised regime ideally





'Brain Fog'

- Brain changes associated with hormonal changes in women
- Particularly recall of verbal information
- Strong association with hot flushes
- Impact of sleep
- Temporary



menopause care

SPECIALIST SUPPORT SO YOU CAN THRIVE

If you are interested in seeing
Dr Charlotte Gooding
in an online video consultation,
please email us on
info@menopausecare.co.uk
or call us on 0208 164 4090



Book your
appointment here