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# WOMEN'S HEALTH:

COULD HORMONES BE THE  
SECRET TO THRIVING  
AS WE AGE?

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School Nurse, Lenape High School

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# CONFLICTS OF INTEREST

- I have no financial interest (ownership, consulting, employment, royalties) in any commercial entity whose products or services are mentioned in this presentation.

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# LEARNING OBJECTIVES

- Identify three organ systems impacted by estradiol.
  - Define perimenopause and menopause.
  - List strategies to optimize health during perimenopause and menopause.
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# REVIEW OF HORMONES

- Oxytocin
- Insulin and glucagon
- Cortisol and adrenaline
- Thyroid hormones
- Growth hormone
- Melatonin
- Follicle stimulating hormone
- Estrogen, progesterone, and testosterone

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# WOMEN'S HEALTH INITIATIVE

- National Institute of Health longitudinal study, started 1991
- Investigate the potential cardioprotective effects of hormone therapy
- 27,000 post menopausal women, age 50 – 79
  - Estrogen only /placebo group
  - Estrogen and progesterone / placebo group
- Study halted early, due to findings – intervention increased risk of breast cancer, heart attack and stroke
- Press conference held before publication, “melodramatic”
  - Dr. Felice Gersch, <https://integrativemgi.com/>
  - Dr. Sharon Malone, <https://www.drsharonmalone.com>

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# CRITIQUE OF WOMEN'S HEALTH INITIATIVE

- Women sampled were post menopausal, average age 63
- Many of these women already had underlying health issues such as hypertension, obesity, diabetes, hyperlipidemia
- Hormone therapy used
  - Oral conjugated equine estrogens
  - Oral progestin - medroxyprogesterone acetate (synthetic)

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# Estrogen Matters

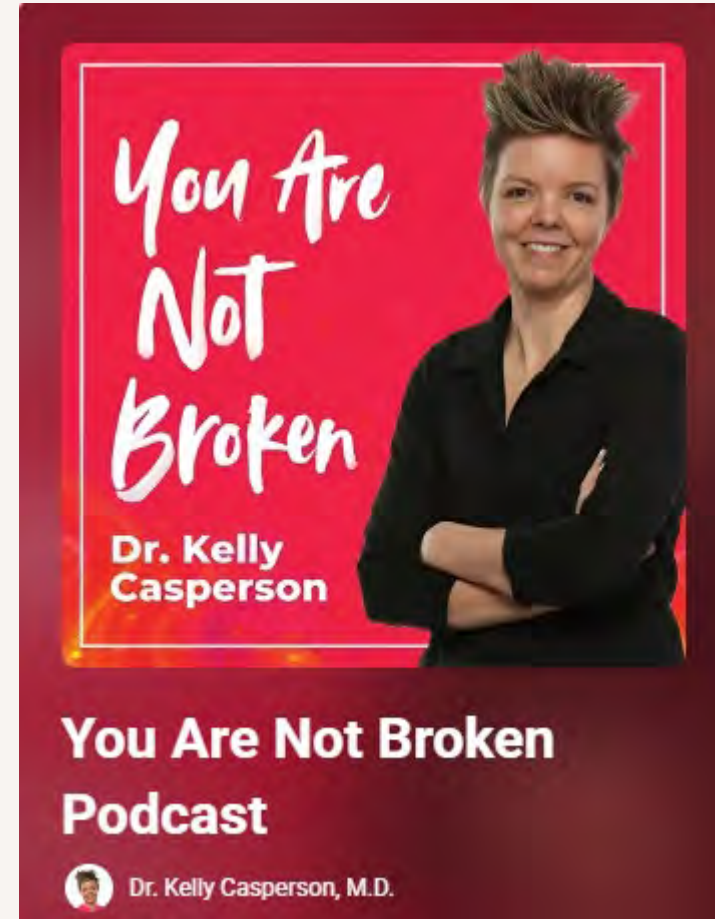
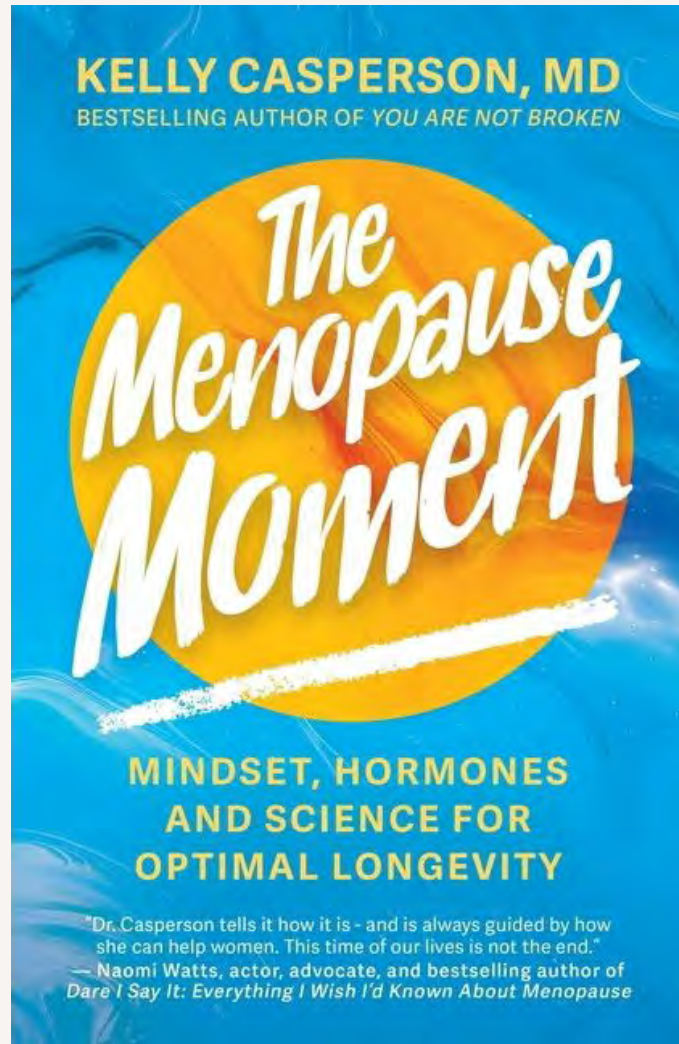
**Why Taking Hormones in Menopause  
Can Improve Women's Well-Being  
and Lengthen Their Lives—Without  
Raising the Risk of Breast Cancer**

Ayrum Bluming, MD, and Carol Tavaris, PhD

Printed  
9/4/2018  
& 9/3/2024

Dr. Bluming, a medical oncologist  
Dr. Tavaris, a social psychologist

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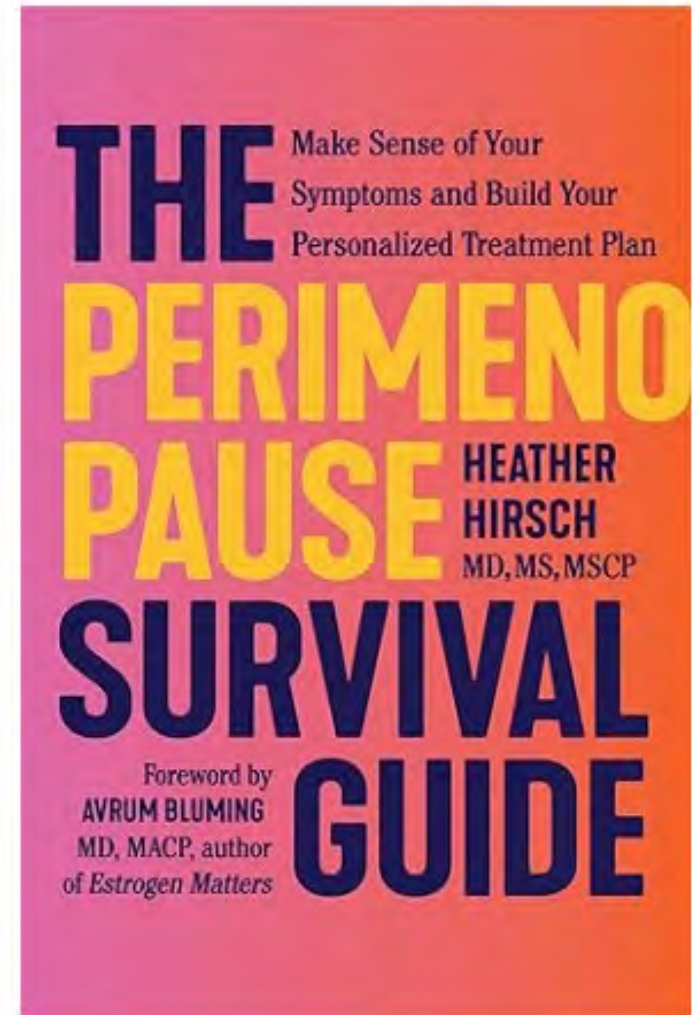




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## OTHER EXCELLENT READS...

- Unbreakable by Dr. Vonda Wright
  - Podcast, Hot for Your Health
- The New Menopause by Dr. Mary Claire Haver
  - Podcast, unPaused
- The Menopause Brain, by Dr. Lisa Mosconi, PhD



Dr. Heather Hirsch

<https://heatherhirschacademy.com/>

Courses, podcast

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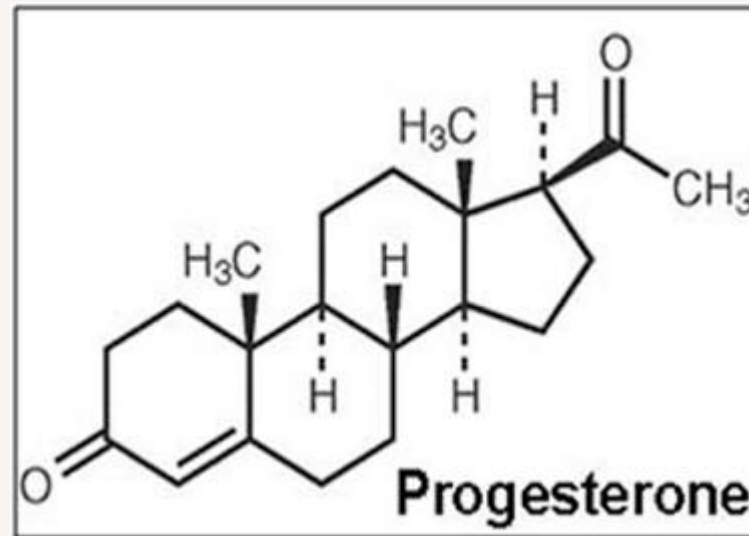
# ESTROGEN – RESEARCH SUPPORTS

- Decrease the risk of heart disease, including stroke
  - Is bone protective
  - Is neuroprotective
  - Maintains of the vulvar/vaginal area, microbiome
    - Reduces UTI by 50%
  - Supports GI function
  - Supports collagen
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# BENEFITS OF PROGESTERONE

- Mood regulator
- Helps with sleep
- Down regulates estrogen



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# FDA COMMISSIONER



Dr. Martin Makary

Surgical oncologist and professor at Johns Hopkins University

Author

Bipartisan support, confirmed in Senate March 2025, 27<sup>th</sup>

Commissioner of the FDA

WHI: “Biggest screw-up in modern medicine”

HRT: “No medication in modern era that can improve the health of (midlife) women at a population level more than HRT”

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# SYMPTOMS OF MENOPAUSE

- Common/well known
    - Hot flashes, night sweats
    - Irritable, rage
    - Difficulty sleeping
    - Fatigue
    - Abdominal weight gain/change in body composition
    - Brain fog
    - GSM - Genitourinary Syndrome of Menopause
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# SYMPTOMS OF MENOPAUSE

- Less commonly known
  - Anxiety/depression
  - Dizziness
  - Frail bones
  - Muscle/joint aches and pains (Musculoskeletal Syndrome of Menopause)
    - Frozen shoulder/rotator cuff issues
  - Palpitations
  - Hyperlipidemia
  - Gut issues
  - Skin issues, dry, loss of collagen, itchy ears
  - Dry eyes
  - Teeth/gum issues

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# STATE OF WOMEN'S HEALTH PAST 20 YEARS

- Alzheimer's disease
  - Heart disease
  - Frailty
  - Mental health
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# PERIMENOPAUSE SYMPTOMS – MOST COMMON

- Sleep disturbances: 86%
- Weight gain and redistribution: 83%
- Neurological changes (migraines, brain fog, dizziness): 83%
- Psychological symptoms (depression, anxiety, rage, panic): 82%
- Fatigue: 81%
- Vasomotor symptoms (hot flashes, night sweats): 75%
- Skin, hair, and nail changes: 73%
- Musculoskeletal pain (joints, muscles, stiffness): 71%
- Sexual dysfunction (vaginal dryness, painful sex, low libido): 69%
- Gastrointestinal issues (bloating, diarrhea, constipation): 62%
- Heart palpitations: 52%
- Dry or itchy eyes: 46%

# DR. RACHEL RUBIN

- Courses for practitioners
- Printable estrogen sheet

## Learn How to Prescribe Hormone Therapy Course

On-Demand, Self-Paced  
Available NOW



**5 GOALS FOR THE COURSE**

- CONFIDENCE IN PRESCRIBING
- UNDERSTAND HORMONAL PHYSIOLOGY
- IMPROVE PATIENT OUTCOMES
- BREAK DOWN MYTHS
- ADVANCE CLINICAL SKILLS

Rachel Rubin MD PLLC  
UROLOGY & SEXUAL MEDICINE

### Prescriber's Pocket Guide to Local Vaginal Hormones

Symptoms of  
Genitourinary Syndrome of Menopause (GSM)  
Genitourinary Syndrome of Lactation (GSL)

- Recurrent UTIs
- Vaginal dryness, itching or burning
- Urinary frequency or urgency
- Decreased lubrication
- Urinary incontinence
- Diminished orgasm or arousal
- Pain with urination
- Pain with sex

Subscribe to our YouTube channel where we answer questions about GSM



**VAGINAL DRYNESS IS DEADLY**  
BY DR. RACHEL RUBIN

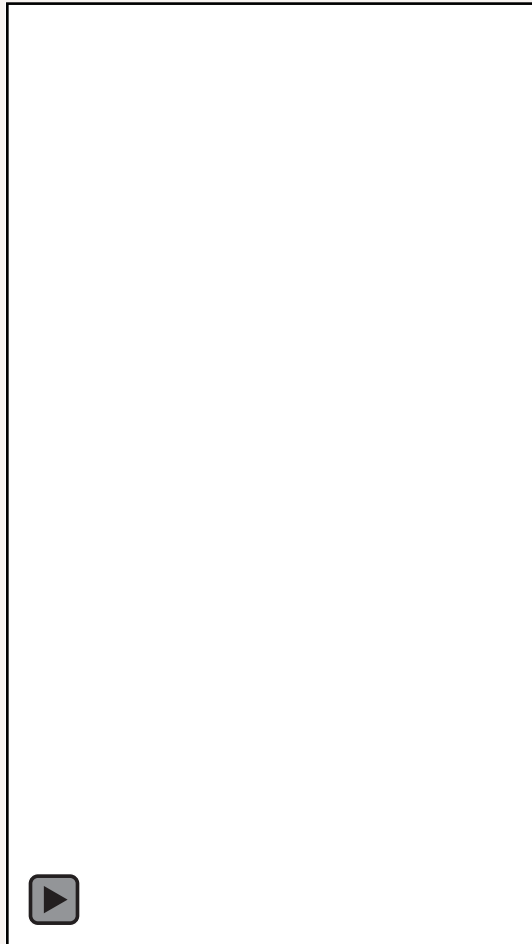


### Prescription Options

FORM	GENERIC	BRAND (if generic available)	INSTRUCTIONS
	Estradiol 0.01%	Estrace®	1 gram vaginally nightly for 2 weeks, then 1 gram 2x/week thereafter. Use topically around urethra and vestibule. Rub into vaginal walls for less mess.
	Conjugated estrogens 0.625mg	Premarin®	
	Vaginal Estradiol insert	Yuvafem® Vagifem® Inveexy	1 insert vaginally nightly for 2 weeks, then 2x/week thereafter.
	Vaginal DHEA Insert	DHEA/ testosterone 6.5mg Intravase	1 insert vaginally nightly. DHEA converts to estrogen and testosterone, helps vestibular pain.
	Vaginal Ring	Estradiol 2mg ring E-String	Insert ring vaginally. Replace every 3 months.

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# DR. NOOR START HRT OLDER?



 **askdrnoor and yoga\_with\_ands** ...  
Original audio

 **askdrnoor**  1d  
It is not too late. Hormone therapy might not be for everyone but everyone deserves a conversation to decide for themselves. #menopause #womenshealth #perimenopausehealth

 **mithuthedog** 1d  
My mothers life is saved ! She had chronic UTI , one a month , they even wanted her to take a low dose on antibiotics for 6 months . And her new amazing dr put her on vaginal estrogen , she has no uti symptoms and hasn't had one in a year!!!!!! it has saved her life . Her health and mental health !! She is 84 years old ! We need to stop this fear mongering . It may not be right for everyone . But everyone 

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Sasha Taylor & Susan Davis, “Is it time to revisit the recommendations for initiation of menopausal hormone therapy”?

<https://pubmed.ncbi.nlm.nih.gov/39419045/>

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# FDA

- Vaso-motor symptoms
- Genitourinary syndromes of menopause
- Osteopenia/osteoporosis
- Early/premature/surgically induced menopause

Any contraindications?

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# HORMONE PRODUCTS

- Estradiol patches, gels, sprays, creams, rings
- Micronized progesterone capsules
- Intrauterine devices
- Testosterone gel




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# MENOPAUSE SPECIALIST/SERVICES

Midi  
The World's Largest  
Menopause Clinic


Personalized, virtual midlife care —trusted by  
over 200,000 women to feel better, faster



VISITS COVERED BY INSURANCE

   
   
   
and more

Prescription products require a consultation with an independent healthcare provider who will determine if a prescription is appropriate. Restrictions may apply. See formulary.

 Learn more

- International Society for the Study of Women’s Sexual Health – [www.ISHWSH.org](http://www.ISHWSH.org)
  - The Menopause Society – [www.menopause.org](http://www.menopause.org)
  - Local healthcare/hospital systems
  - Health Insurance website
  - Midi Health – [www.joinmidi.com](http://www.joinmidi.com) (takes insurance)
  - Alloy Women’s Health – [www.myalloy.com](http://www.myalloy.com) (conciierge)
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# IMPORTANCE OF METABOLIC HEALTH

- Exercise
  - Nutrition
  - Limit alcohol
  - Sleep
  - Sunshine
  - Meditation
  - Mental health
  - Socialization
  - Purpose
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# RESOURCES

- Dr. Noor Al-Humaidhi - <https://www.lifestylesbynoor.com/>
  - Dr. Kelly Casperson - <https://kellycaspersonmd.com/>
  - Dr. Mary Claire Haver - <https://www.thepauselife.com/>
  - Dr. Heather Hirsch - <https://heatherhirsch.com/>  
<https://heatherhirschacademy.com>
  - Dr. Corrine Menn - <https://www.drmenm.com/>
  - Dr. Mindy Pelz - <https://www.drmindypelz.com/>
  - Dr. Rachel Rubin - <https://www.rachelrubinmd.com/>
  - Dr. Vonda Wright - <https://www.drvondawright.com>
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# PODCASTS

- Can't Take Estrogen? Dr. Corinne Menn on Who Can, Who Can't & What's Changed unPAUSED with Dr. Mary Claire Haver
    - Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/unpaused-with-dr-mary-claire-haver/id1846701533?i=1000739258514>
  - Rewriting Midlife: Hormones, Menopause & Sexual Health with Dr. Kelly Casperson #131 HOT For Your Health
    - Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/hot-for-your-health/id1055206993?i=1000727024202>
  - Perimenopause with Dr. Hirsch. #338 You Are Not Broken
    - Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/you-are-not-broken/id1495710329?i=1000730189581>
  - Neuroscientist Dr. Lisa Mosconi On Menopause, Hormone Health, & Alzheimer's Prevention The Rich Roll Podcast
    - Listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/the-rich-roll-podcast/id582272991?i=1000648740063>
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