

- MQ6 Menopause Assessment Tool**
- 1. Changes to periods?
 - 2. Any hot flashes?
 - 3. Any vaginal dryness, pain, sexual concerns?
 - 4. Any bladder issues, incontinence?
 - 5. How's your sleep?
 - 6. How's your mood?

Is MHT indicated?
VMS, GSM, Bone protection, POI

NON-HORMONAL MEDICATIONS**

	VMS	GSM	SLEEP	MOOD
Gabapentin*	++(1)		+++ (1)	+/(3)
Antidepressants + ie. SSRI, SNRI	++		+/-	++/+++
Clonidine	+			
Oxybutinin*	++	+(2)		

1. Gabapentin can be sedating at higher doses and has shown potential benefits for night sweats
2. Oxybutinin is indicated for symptoms of Overactive Bladder
3. There is some evidence for benefits of gabapentinoid treatments for mood and anxiety disorders

* indicates off-label use for vasomotor symptoms
** based on low-level evidence/consensus opinion

GSM TREATMENTS
Vaginal ET
Vaginal DHEA
Ospemifene

Is GSM the only indication for MHT?

Are there CONTRAINDICATIONS to MHT?

- Personal history of Estrogen dependent Cancers (eg. Breast, Endometrial, Ovarian)
- Unexplained vaginal bleeding
- Pregnancy
- Coronary heart disease
- Active or previous history of stroke or VTE
- Acute liver disease
- Personal history or inherited high risk of thromboembolic disease (eg. Thrombophilia)
- Porphyria
- Migraine with aura? → not a contraindication but consider neuro consult?

Any estrogen (oral or transdermal)

Are there COMORBIDITIES?

- Diabetes mellitus
- Metabolic syndrome
- Hypertension
- Hyperlipidemia
- High triglycerides
- Elevated CVS risk
- Elevated risk for VTE
- Smoking
- Obesity
- Migraine
- Malabsorption
- Gallstones

Transdermal estrogen preferred

EPT, TSEC, STEAR

HYSTERECTOMY?

ET (Estrogen only)

FMP > 1 year ago?

CYCLIC*
regimen

CONTINUOUS
regimen

Symptoms of GSM?
If YES, and using less than standard doses of MHT (e.g. CEE 0.625 mg po, Estradiol 1.0 mg po or Td Estradiol 50 ug) consider additional vaginal ET at onset of therapy
NB: can also use vaginal ET as add-on to >=standard dosing of MHT if GSM symptoms persist after initiating MHT

MHT = Menopausal Hormone Therapy, EPT=Estrogen + Progestogen therapy, ET=Estrogen therapy
Td =Transdermal, POI=Premature Ovarian Insufficiency
GSM = Genitourinary Syndrome of Menopause

VMS =Vasomotor symptoms
TSEC =Tissue Selective Estrogen Modulator, STEAR=Selective Tissue Estrogenic Activity Regulator
*Cyclic regimen = a daily estrogen with a progestogen added 12-14 days of the month