

COLLECTION EDITOR

Dr Elizabeth Farrell AM, MBBS,  
HonLLD, FRANZCOG, FRCOG

MANAGING EDITOR

Nidhi Sodhi BSc(Hons), PhD

SENIOR ASSISTANT EDITORS

Kate Murchison BSc(Hons)  
Kerrie Lawson PhD, ELS, AE(IPEd)  
Marie Lofthouse BSc(Hons)

ASSISTANT EDITORS

Aleta van Kerkhoff MSc, GDipClinEpid, ELS  
Michael Doris MBBS, ATCL  
Richa Gandhi BSc(Hons), MSc, MSc, PhD

MEDICAL WRITER/ASSISTANT EDITOR

Emily Lathlean MB BS, FRACGP

PRODUCTION/DESIGN MANAGER

Maria Marmora

GROUP SALES & MARKETING MANAGER

Prue Anderson

BUSINESS DEVELOPMENT MANAGER

Sarah Wylie

SALES & MARKETING CO-ORDINATOR

Amy Scholefield

DIGITAL ENGAGEMENT MANAGER

Renata Schindler BA, BEd, GradCertBus

ACCOUNTS

Pauline Burnard

SUBSCRIPTIONS CO-ORDINATOR

Katrina Lehmann

EDITORIAL CO-ORDINATOR

Amanda Goodsir

PUBLISHER/EDITORIAL DIRECTOR

Judy Passlow

PUBLISHER/MANAGING DIRECTOR

Tony Scott

SYDNEY OFFICE

Suite 210, 40 Yeo Street,  
Neutral Bay NSW 2089

POSTAL ADDRESS

PO Box 1473,  
Neutral Bay NSW 2089

TELEPHONE (02) 9908 8577

FACSIMILE (02) 9908 7488

Printed by Spotpress.

Copyright 2023 Medicine Today Pty Ltd.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical or photocopy recording or otherwise) in whole or in part, in any form whatsoever without the prior written permission of the Publisher.

The articles in this collection have been subjected to *Medicine Today's* usual rigorous peer review process. Some products and/or indications mentioned may not be approved for use in Australia. Please review Product Information, available from the manufacturers, before prescribing any agent mentioned in these articles.

Menopausal health collection is printed by Spotpress. Paper fibre is from sustainably managed forests and controlled sources.

## FOREWORD FROM THE COLLECTION EDITOR

**M**enopause, a woman's final menstrual period, is the marker of the beginning of the second half of her adult life. It is very important for women to be as healthy and active as possible to live into old age.

Most women reach menopause between the expected ages of 48 to 53 years; however, for some women, menopause may be unexpected (premature or early menopause) or a consequence of cancer treatment or surgery with removal of the ovaries.

Menopause symptoms occur in about 75% of women, with 20% enduring symptoms that reduce their quality of life and ability to function normally. For many women, symptoms may start in the perimenopause, a time of vulnerability, with mood symptoms, including depression and tiredness; reduced coping capacity; menstrual problems; and coinciding with family and life stresses. In most women, vasomotor symptoms settle with time but the genitourinary symptoms may continue lifelong.

Menopausal hormone therapy (MHT) is the mainstay of menopause symptom treatment and is prescribed for as long as needed, with regular monitoring of duration and dosage. Nonhormonal therapies are available for women with contraindications to MHT.

This *Menopausal health* collection brings together all these aspects of management of the woman around menopause, to enable her to be fit, healthy and functioning at her desired capacity.

*Dr Elizabeth Farrell AM, MBBS, HonLLD, FRANZCOG, FRCOG  
Gynaecologist and Medical Director of Jean Hailes for Women's Health*

## CONTENTS PEER REVIEWED

<b>Menopausal hormone therapy – tips and pitfalls</b> KATH WHITTON, RODNEY BABER	<b>2</b>
<b>Depression: a major challenge of the menopause transition</b> JAYASHRI KULKARNI	<b>8</b> <b>CPD</b>
<b>A tailored approach to managing menopause</b> ELIZABETH FARRELL	<b>15</b>
<b>Premature ovarian insufficiency. Not 'too young for menopause'</b> SYLVIA XU, AMANDA VINCENT	<b>19</b>
<b>Vulvovaginal symptoms after menopause</b> ELIZABETH FARRELL	<b>25</b>
<b>Postmenopausal osteoporosis: is there a role for menopausal hormone therapy?</b> ANDREA FERNANDES, LOUISE GOODALL, CHRISTINA JANG, EMMA DUNCAN	<b>28</b>
<b>Menopause management after breast cancer</b> ELIZABETH FARRELL	<b>38</b>



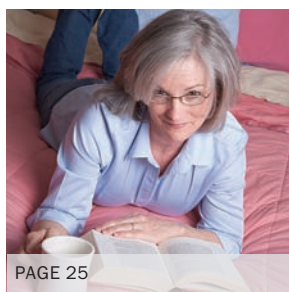
PAGE 2



PAGE 8



PAGE 15



PAGE 25