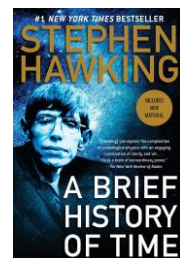


Menopause-The Class of 1988





Jessica



Other Relevant History

- Normal hair distribution
- UHCG negative
- Jessica describes having lots of hot flushes and night sweats since she ceased COCP
- No other significant medical or surgical history
- One younger sister, no other siblings and no family history of intellectual disability or early menopause

Jessica's Results

- Jessica's Initial Bloods
 - FSH is 56 IU/L (normal range: 3-25 IU/L)
 - E2 < 18 pmol/L (normal range: 100-1700 pmol/L)
 - Prolactin normal
- A repeat FSH in 6 weeks is 62 IU/L and estradiol levels 60 pmol/L

Jessica's Followup Tests

- Screening for autoimmune conditions associated with POI (Addison's /Hashimoto's/Crohn's/Celiac)-all negative
- Ovarian ultrasound to exclude autoimmune cysts, AFC, surgery, congenital causes such as androgen insensitivity syndrome- normal
- Infectious disease and metabolic screening if indicated in the history-normal
- Investigations for iatrogenic causes if indicated in history
- Bone assessment – DEXA normal
- Karyotype (N) and Fragile X Screen (N)
- AMH, as fertility an issue here- Low





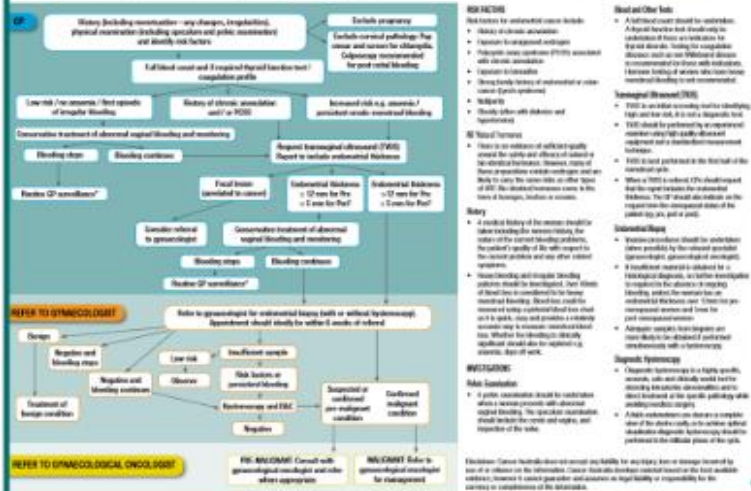
Sarah



ABNORMAL VAGINAL BLEEDING IN PRE- AND PERI-MENOPAUSAL WOMEN

A diagnostic guide for General Practitioners and Gynaecologists

This guide was developed to assist general practitioners and gynaecologists in assessing pre- and peri-menopausal women with abnormal vaginal bleeding, to narrow diagnostic accuracy for individual cases. This is a general guide to appropriate practice to be followed subject to the clinician's judgement in each individual case, and is based on the best available evidence and expert consensus (February 2011).



A diagnostic guide for General Practitioners and Gynaecologists https://cancer australia.gov.au/sites/default/files/publications/mcgc-vaginal-bleeding-flowcharts-march-2011_504af02038614.pdf



Emma



Free Online Course:

A Guide to Testosterone for Menopausal Women

In this online course, some of Australia's leading experts will discuss the evidence, their clinical experience and provide practical advice on how to best apply testosterone therapy for menopausal women.

Featuring video lectures and a panel with leading experts



Or access via link
<https://hlth.pl/x21>



Samantha



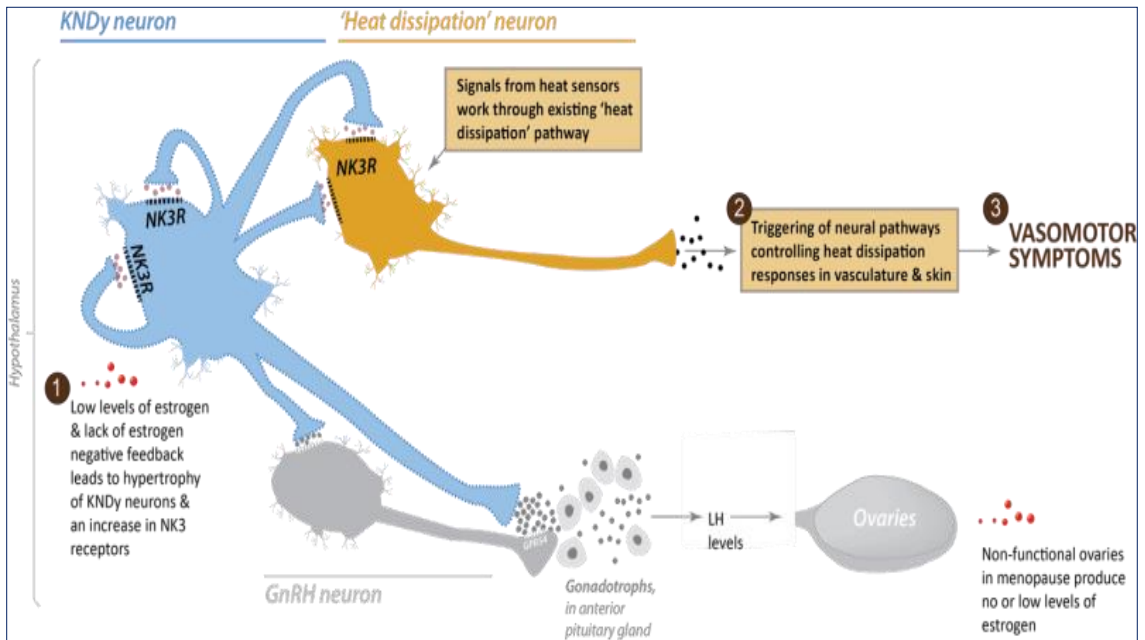
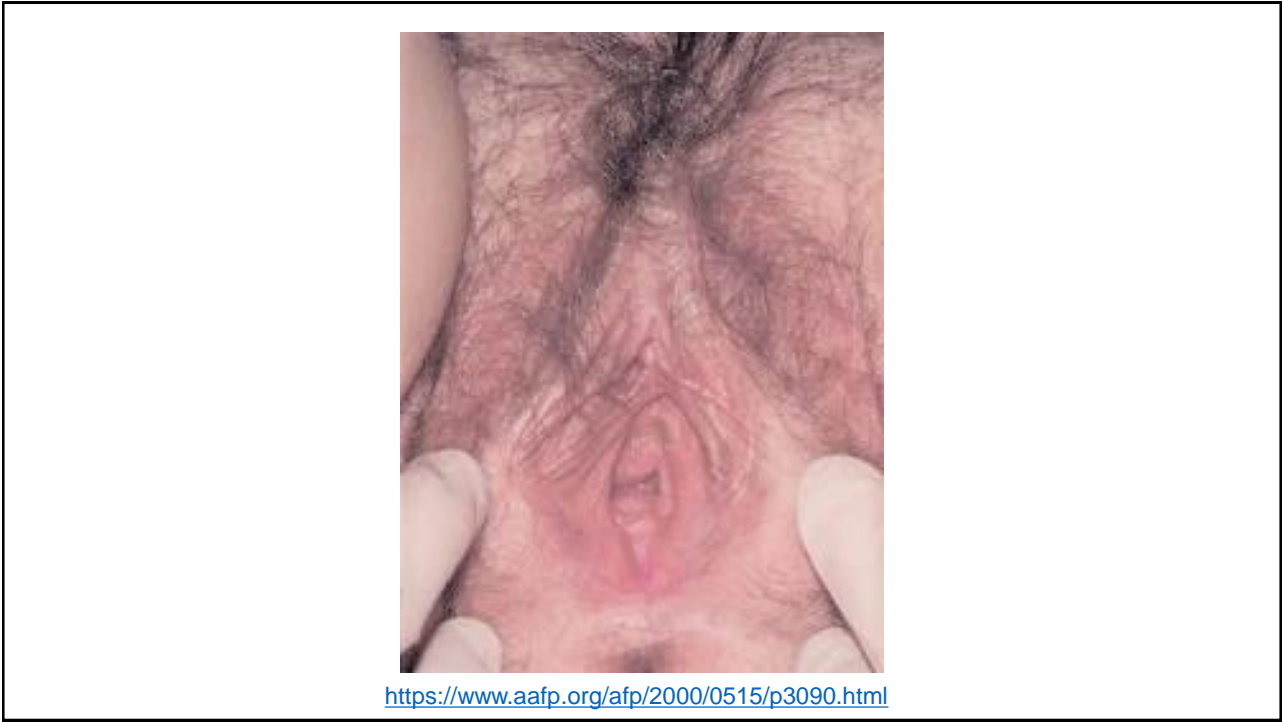
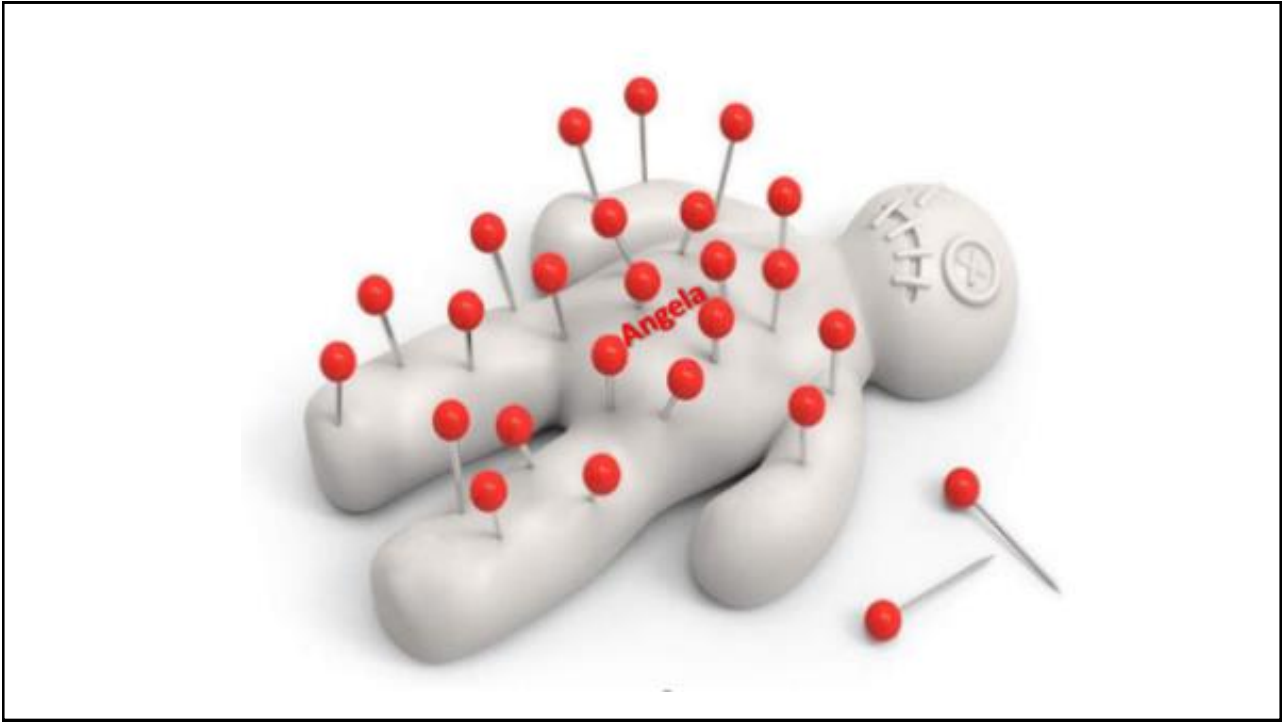


Illustration from Rance et al., 2013



Angela





<https://www.aafp.org/afp/2000/0515/p3090.html>



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- AMS Information sheets: www.menopause.org.au/for-women/information-sheets
- Practitioner Toolkit for Management of Menopause: <https://www.menopause.org.au/images/stories/documents/management-menopause-toolkit.pdf>
- IMS videos on menopause: practical guide to the menopause: YouTube information videos that can be freely downloaded and viewed on the AMS website
- Revised International Menopause Global Consensus Statement on Menopausal Hormone therapy; June 2016: https://www.menopause.org.au/images/stories/education/docs/Revised_global_consensus_statement_MHT.pdf
- Guide to progestogen dosage in MHT: <https://www.menopause.org.au/hp/information-sheets/426-ams-guide-to-equivalent-mht-hrt-doses>
- Managing abnormal vaginal bleeding in pre and perimenopausal women : https://canceraustralia.gov.au/sites/default/files/publications/abnormal-vaginal-bleeding-pre-peri-and-post-menopausal-women-diagnostic-guide-general-practitioners/pdf/ncgc_a3_menopause_chart_june_2012_final.pdf
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And Yet More References and Resources!

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