

# Prescribable alternatives to HRT

## Introduction:

Most prescribable alternative therapies have been evaluated for their impact on vaso-motor symptoms. Some of them also have an impact on mood and well-being. The class effect of the drug is important in selecting what is likely to be the best alternative

for your patient. Menopause treatments also tend to have a high placebo response often as great as 50% which may enhance quoted "baseline effectiveness".

Gabapentin	Added benefit	Adverse effect
<ul style="list-style-type: none"> <li>Gamma amino-butyric acid analogue used to treat epilepsy, neurogenic pain and migraine; reduces hot flushes at a dose of 900mg per day in about 50% of patients.</li> </ul>	<ul style="list-style-type: none"> <li>Improved quality of sleep</li> <li>Reduced pain.</li> </ul>	<ul style="list-style-type: none"> <li>Dry mouth dizziness and drowsiness with a very specific dose related component</li> <li>Patients will find their own level</li> <li>Weight gain</li> <li>Schedule 2 controlled drug.</li> </ul>
Pregabalin	Added benefit	Adverse effect
<ul style="list-style-type: none"> <li>Dosage 50-300mg in divided doses</li> <li>Baseline improvement similar to Gabapentin.</li> </ul>	<ul style="list-style-type: none"> <li>Improved quality of life and note now Pregabalin is used as an antidepressant.</li> </ul>	<ul style="list-style-type: none"> <li>Similar to Gabapentin but less marked and therefore better tolerated</li> <li>More expensive</li> <li>Schedule 2 controlled drug.</li> </ul>
Clonidine	Added benefit	Adverse effect
<ul style="list-style-type: none"> <li>Dosage 25-50 micrograms bd up to a maximum of 75 micrograms bd or 50mcg tds.</li> </ul>	<ul style="list-style-type: none"> <li>May complement other anti-hypertensive drugs</li> <li>Only licensed option.</li> </ul>	<ul style="list-style-type: none"> <li>Interaction with anti-hypertensive drugs and not suitable for patients with baseline low blood pressure</li> <li>Must be reduced gradually otherwise causes rebound hypertension</li> <li>Dose related side-effects include sleep disturbance in at least 50% of patients, dry mouth nausea and fatigue.</li> </ul>
SSRI- Antidepressants	Added benefit	Adverse effect
<ul style="list-style-type: none"> <li>In general baseline effectiveness 20-50%.</li> </ul>	<ul style="list-style-type: none"> <li>Class effect of SSRIs are of antidepressant benefit and improved quality of life.</li> </ul>	<ul style="list-style-type: none"> <li>Class effect of SSRIs include initial side effects such as nausea, dizziness, short-term aggravation of base-line anxiety and mood, so encourage your patient to persevere and if necessary take on alternative days, even ½ tablet</li> <li>Class effect of all SSRIs is sexual dysfunction</li> <li>No one SSRI is better than any other in this respect and there is great individual variation in response.</li> </ul>
Paroxetine	Added benefit	Adverse effect
<ul style="list-style-type: none"> <li>Dosage 10-20mg – baseline improvement 50-60%. Paroxetine has best evidence for vaso-motor control and has maximal benefit achieved at 10mg.</li> </ul>	<ul style="list-style-type: none"> <li>Class effect of SSRIs are of antidepressant benefit and improved quality of life.</li> </ul>	<ul style="list-style-type: none"> <li>Interacts with enzyme cytochrome P450 (CYP110) thereby rendering Tamoxifen less effective.</li> </ul>

# Remedies Of Hrt

**Deb Baker, Maureen Pelletier, M.D;  
C.C.N; F.A.C.O.G.**

## Remedies Of Hrt:

**Herbal Therapy for Women** Elisabeth Brooke,2018-10-30 More and more women are discovering that herbal remedies can provide natural and effective treatments for their health problems particularly when orthodox methods fail to help Herbal Therapy for Women provides a concise intelligent introduction to herbs and herbalism It explains how to prepare teas and tinctures from fresh or dried herbs which herbs are suitable for healing each ailment and how herbs can enhance each stage of a woman s life from puberty to menopause This is a reissue of the popular 1992 classic Oxford American Handbook of Geriatric Medicine Lesley Bowker,James Price,Sarah Smith,2010-05-04 Resource added for the Gerontology program 105441 Natural Solutions to Menopause Marilyn Glenville,2011-03-18 This complete guide to menopause offers effective advice on diet exercise and lifestyle to keep you in optimum health before during and after this change in your life With entirely natural solutions free from the side effects that are common to hormone replacement drug therapies this sensitive and informative guide includes A 12 Step Hormone Balancing Diet Relief from symptoms such as hot flushes night sweats and weight gain The truth about HRT to help you make an informed decision if you consider it How to prevent health problems such as osteoporosis and heart disease Simple steps to good energy levels body fitness and a fulfilling sex life beyond the menopause Understand what your body needs and you can prepare yourself for the menopause successfully manage your symptoms and enjoy the best possible health beyond it *Oxford Handbook of Geriatric Medicine* Lesley K. Bowker,James D. Price,Kunal S. Shah,Sarah C. Smith,2018-03-09 This new edition of the Oxford Handbook in Geriatric Medicine has been expanded and updated to reflect the substantial changes in clinical practice since the previous edition including the Francis report and the impact on care for the older patient the National Dementia Strategy and screening and the evolution of the role of Geriatricians in other specialities It includes new material on risk scoring management of TIA and a new chapter on the older surgical patient With an ageing population geriatric medicine is increasingly central to emergency and internal medicine in hospital settings and in general practice Diseases are more common in the older person and can be particularly difficult to assess and to treat effectively in a field that has limited evidence yet makes up a substantial proportion of the work of most clinicians Using clinical vignettes and how to boxes to provide practical advice on common problems this is a practical accessible and essential handbook for all medical staff who manage older patients

**The Complete Idiot's Guide to Menopause** Deb Baker,Maureen Pelletier, M.D; C.C.N; F.A.C.O.G.,2000-10-12 This guide for women in their late thirties to late fifties is meant to demystify the menopause condition symptoms remedies side effects and emotional impact The information about remedies includes both traditional and alternative treatments The author stresses the benefits of good nutrition and fitness *Discover Your Menopause Type* Joseph Collins,2010-12-01 Take Charge of Your Menopause This groundbreaking book the first to reveal 12 distinct menopause types and how best to treat each gives you the information you need to take charge of this challenging and sensitive life stage Inside Dr Joseph Collins

demolishes the one size fits all philosophy of menopause treatment revealing that there is no magic hormone or combination of hormones that can be indiscriminately prescribed to all women Inside you ll discover Natural Conventional treatments that are best for you Necessary nutrients for a healthy menopause How to weigh the risks and benefits of Hormone replacement therapy And much much more At last a well referenced resource on the advantages of natural versus synthetic hormone replacement therapy Dana Reed Kane Pharm D F A C A F I A C P Finally a book that teaches the importance of balance and actually shows everyone what many women have suspected all along There is more than one type of menopause Luana Stone menopause patient

Hormone Balance Fix Tessa Kwan,AI,2025-03-17 Hormone Balance Fix addresses the widespread issue of hormonal imbalance a key factor influencing weight mood and energy It explores how the endocrine system functions and how imbalances can arise from stress diet and environmental factors Did you know that hormones like cortisol estrogen and insulin profoundly impact your physiological processes The book uniquely empowers readers to naturally restore equilibrium through diet and lifestyle modifications offering a holistic approach to health and fitness The book champions managing and reversing hormonal imbalances through the body s self regulation via diet and lifestyle It details targeted dietary interventions stress management sleep optimization and exercise protocols By integrating scientific research with actionable advice the book progresses from foundational knowledge to personalized strategies helping individuals identify their unique hormonal needs The book unfolds in three parts an introduction to hormone function and imbalances a focus on dietary interventions and an exploration of lifestyle factors This clear progression culminates in a personalized action plan making it a valuable resource for anyone seeking a natural evidence based approach to health and hormone balance

*Sex, Meaning and the Menopause* Sue Brayne,2011-06-02 A menopausal woman s search for what matters and a challenge to the myth that all older women want to remain sexually active

Get Through New MRCGP: Clinical Skills Assessment Bruno Rushforth,2008-02-07 The Clinical Skills Assessment has been developed as an assessment of a doctor s ability to integrate and apply clinical professional communication and practical skills appropriate for general practice Candidates will have to see 13 patients during the exam presenting with problems that will test the doctor s skills in diagnosis problem so

The Skin Boss Courtney Sykes,2024-10-07 Skin care is rooted in self love and respect for one s own internal and physical well being Unfortunately it is often misunderstood because of the varying opinions both online and on social platforms The good news is that skincare enthusiasts and licensed skin therapists alike can always learn more in their search to develop a better understanding of skin In a comprehensive guide Courtney Sykes relies on her experience as a skin care entrepreneur and founder of the largest nationally accredited esthetics wellness and health sciences education institution in the United States to share scientific based evidence regarding skin histology active and functional ingredients skin conditions and concerns skin care treatments care plans hormones and the endocrine system and more As she intertwines personal stories about her experience in the industry with facts tips about mindset and nutrition and other tools

Courtney leads others on a fun educational journey to becoming a knowledgeable Skin Boss The Skin Boss chronicles a skin care expert s experiences while sharing tips tools trends and scientific facts that boost knowledge and offer valuable insight into an exciting industry

**Family Practice Guidelines** Jill C. Cash,2023-01-30 Praise for earlier editions This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody s Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy to read format and contains invaluable step by step instructions for evaluating and managing primary care patients It belongs in every NP and PA s reference library I highly recommend this wonderful textbook Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc This core nursing resource has long served as an essential text for thousands of NP students and as a valued clinical reference for family practice and primary care clinicians The sixth edition continues to provide current practice guidelines and professional standards of care across the life span with the addition of updated information in all chapters updated patient teaching guides and charts and new charts featuring enhanced readability The book provides new content on COVID 19 treatment and vaccines and new guidelines for dermatology including photos respiratory disease cardiovascular disease genitourinary considerations neurologic conditions and infectious diseases Offering succinct and practical counsel the book features detailed step by step instructions for physical examinations and diagnostic testing information on health promotion guidelines of care dietary information common procedures and patient resources Chapters are organized by body system with disorders alphabetized for ease of reference Client Teaching Guides available in print and digital format perform double duty as both patient handouts and concise study tools Consistent guidelines for more than 275 disorders facilitate ease of use and Clinical Pearls highlight key information In addition website links are incorporated throughout for easy access to additional information New to the Sixth Edition Updated information in all chapters including new clinical content for each body system New tables charts and algorithms Updated CDC guidelines on health maintenance and immunization schedules New dermatology guidelines including color photos of skin rashes disorders Updated guidelines for heart failure and hypertension Focused guidelines for the management of asthma Updated management of urinary tract infections erectile dysfunction and premature ejaculation Key updates for stroke management Current CDC guidelines for management of COVID 19 Key Features Presents consistent guidelines for over 275 disorders providing quick access to information Highlights key considerations for practice Addresses care points for pediatric pregnant and geriatric patients Includes Client Teaching Guides serving as both patient take home teaching supplements and study guides for students

**Oxford Handbook of Geriatric Medicine** Lesley Bowker,James Price,Sarah Smith,2012-08-09 In an ageing population geriatric medicine has become central to general practice and to emergency and general internal medicine in the hospital setting Diseases are more common in the older person and can be particularly difficult to assess and to treat effectively in a field that has limited

evidence yet makes up a substantial proportion of the work of most clinicians Fully updated this second edition of the Oxford Handbook of Geriatric Medicine includes all the information required to deliver effective geriatric care Guidance is given on a range of key treatment areas indicating where practice differs from that of younger adults or is ill informed by evidence where dangers lurk for the inexperienced clinician and on the many ethical and clinical dilemmas common in geriatric practice This accessible handbook is essential reading for all junior doctors and specialist trainees in geriatric medicine and general internal medicine and for all medical and nursing staff who manage older people Managing the Menopause Nick Panay, Paula Briggs, Gab Kovacs, 2015-08-20 Since the Women s Health Initiative report of 2002 there has been reluctance to provide women with hormone replacement therapy due to a lack of clarity about the potential risks This book reviews all aspects of the menopause and places the benefits and risks of hormone therapy into perspective It fully informs the reader regarding the evidence base of all aspects of menopause medicine and can be used either as a reference book to solve specific problems or as a book to be read cover to cover It will provide the reader with the latest information and as a result encourage confidence in managing menopause related problems This practical evidence based guide is suitable for all health professionals managing the menopause including gynaecologists sexual and reproductive medicine specialists general practitioners and trainees in any of the above specialties *Harmony in Hormones: A Comprehensive Guide to Menopause Treatment* Derek Lambert NP, 2024-01-10 Harmony in hormones is a book that describes the process of hormone replacement therapy in women who are in the perimenopause or menopause phase of life This book highlights the benefits of hormone replacement therapy and why estrogen progesterone and testosterone are so beneficial to the female body

**Alternative Medicine** Donal O'Mathuna, Walt Larimore, MD, 2010-05-11 The most complete resource of its kind on alternative medicine Herbal remedies dietary supplements and alternative therapies Their specific uses Which ones really work and which ones don t What to watch out for Christian versus non Christian approaches to holistic health Clinically proven treatments versus unproven or quack treatments Truths and fallacies about supernatural healing Ancient medical lore the historical cultural and scientific facts And much much more Alternative Medicine is the first comprehensive guidebook to nontraditional medicine written from a distinctively Christian perspective Keeping pace with the latest developments and research in alternative medicine this thoroughly revised edition combines the most current information with an easy to use format University lecturer and researcher Donal O Math na PhD and national medical authority Walt Larimore MD provide detailed and balanced answers to your most pressing questions about alternative medicine and to other questions you wouldn t have thought to ask Also includes Two alphabetical reference sections Alternative therapies Herbal remedies vitamins and dietary supplements A description of each therapy and remedy an analysis of claims results of actual studies cautions recommendations and further resources Handy cross references linking health problems with various alternative therapies and herbal remedies reviewed in the book The Johns Hopkins Internal Medicine Board Review The Johns Hopkins

Hospital, Redonda Miller, Stephen Sisson, 2015-10-26 Don't gamble on the most important exam of your career ace the boards with The Johns Hopkins Internal Medicine Board Review Brought to you from the birthplace of Internal Medicine and regarded as the most effective review tool in the specialty it will ensure you're as equipped as possible on your way to certification or recertification From internists to primary care physicians this no nonsense book is a must have companion for everyone in the field Respected experts summarize just the imperative information you need to know for certification or recertification Comprehensive review text bolded key information and helpful tables and algorithms equip you with all the core knowledge you need Exam taking tips and tricks allow you to go into the exam with confidence Expert Consult eBook version included with purchase This enhanced eBook experience allows you to test your skills and simulate the exam experience with over 1 000 additional exam questions in study and test modes Features full color clinical images covering all the image types you'll see on the boards including x rays common skin findings peripheral blood smears ophthalmology findings and CT and MR images

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**Herbal Remedies for Women** Amanda McQuade Crawford, 1997-04-23 Written from clinical experience rather than from the uncertain world of pure research or ancient fairy tale Herbal Remedies for Women offers easy to understand treatments for those with no background in complementary healing From reproductive problems to migraines to PMS this book discusses each problem the issues surrounding it and reviews conventional and alternative therapies

**Diagnosis as Cultural Practice** Judith Felson Duchan, Dana Kovarsky, 2009-02-26 This book is about the doing and experiencing of diagnosis in everyday life Diagnoses are revealed as interactive negotiations rather than as the assigning of diagnostic labels The authors demonstrate through detailed discourse analyses how the diagnostic process depends on power and accountability as expressed through the talk of those engaged in the diagnostic process The authors also show that diagnostic decisions are not only made by professional experts trained in the art and science of diagnosis but they can

also be made by anyone trying to figure out the nature of everyday problems Finally diagnostic reasoning is found to extend beyond typical diagnostic situations occurring in unexpected places such as written letters of recommendation and talk about the nature of communication Together the chapters in this book demonstrate how diagnosis is a communication practice deeply rooted in our culture The book is interdisciplinary and unusually broad in its focus The authors come from different experiential scholarly backgrounds Each of them takes a different look at the impact and nature of the diagnostic process The diagnoses discussed include autism Alzheimer s disease speech and language disorders and menopause The focus is not only on the here and now of the diagnostic interaction but also on how diagnoses and diagnostic processes change over time The book can serve as an undergraduate or graduate text for courses offered in various disciplines including communication sociology anthropology communication disorders audiology linguistics medicine and disability studies     A Woman's Guide to Better Health and Beauty ,



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