

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"> 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. 	<ul style="list-style-type: none"> Improved quality of sleep Reduced pain. 	<ul style="list-style-type: none"> Dry mouth dizziness and drowsiness with a very specific dose related component Patients will find their own level Weight gain Schedule 2 controlled drug.
Pregabalin	Added benefit	Adverse effect
<ul style="list-style-type: none"> Dosage 50-300mg in divided doses Baseline improvement similar to Gabapentin. 	<ul style="list-style-type: none"> Improved quality of life and note now Pregabalin is used as an antidepressant. 	<ul style="list-style-type: none"> Similar to Gabapentin but less marked and therefore better tolerated More expensive Schedule 2 controlled drug.
Clonidine	Added benefit	Adverse effect
<ul style="list-style-type: none"> Dosage 25-50 micrograms bd up to a maximum of 75 micrograms bd or 50mcg tds. 	<ul style="list-style-type: none"> May complement other anti-hypertensive drugs Only licensed option. 	<ul style="list-style-type: none"> Interaction with anti-hypertensive drugs and not suitable for patients with baseline low blood pressure Must be reduced gradually otherwise causes rebound hypertension Dose related side-effects include sleep disturbance in at least 50% of patients, dry mouth nausea and fatigue.
SSRIs - Antidepressants	Added benefit	Adverse effect
<ul style="list-style-type: none"> In general baseline effectiveness 20-50%. 	<ul style="list-style-type: none"> Class effect of SSRIs are of antidepressant benefit and improved quality of life. 	<ul style="list-style-type: none"> 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 1/2 tablet Class effect of all SSRIs is sexual dysfunction No one SSRI is better than any other in this respect and there is great individual variation in response.
Paroxetine	Added benefit	Adverse effect
<ul style="list-style-type: none"> Dosage 10-20mg – baseline improvement 50-60%. Paroxetine has best evidence for vaso-motor control and has maximal benefit achieved at 10mg. 	<ul style="list-style-type: none"> Class effect of SSRIs are of antidepressant benefit and improved quality of life. 	<ul style="list-style-type: none"> Interacts with enzyme cytochrome P450 (CYP110) thereby rendering Tamoxifen less effective.

Post Hrt An Evidencebased Guide To Alternative Therapies

Angela Arnold, Megan Dash



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Post HRT American Health Consultants,Ahc,2003-01-01 A Guide to Evidence-based Integrative and Complementary Medicine Vicki Kotsirilos,Luis Vitetta,Avni Sali,2011-01-25 The must have integrative and complementary medicine reference from experts in the field This exhaustive textbook is ideal for anyone with an interest in integrative and complementary medicine in Australia including General Practitioners medical students integrative clinicians and health practitioners A Guide to Evidence based Integrative and Complementary Medicine presents non pharmacologic treatments for common medical practice complaints all supported by current scientific evidence These include Attention Deficit Hyperactivity Disorder ADHD asthma insomnia anxiety depression and many more This practical health resource profiles myriad approaches in integrative and complementary medicine such as mind body medicine stress management techniques dietary guidelines exercise and sleep advice acupuncture nutritional medicine herbal medicine and advice for managing lifestyle and behavioural factors It also looks at complementary medicines that may impact the treatment of disease A Guide to Evidence based Integrative and Complementary Medicine contains only proven therapies from current research particularly Cochrane reviews systematic reviews randomised control trials published cohort studies and case studies easy access to evidence based clinical data on non pharmacological treatments including complementary medicines for common diseases and conditions instant advice on disease prevention health promotion and lifestyle issues chapter summaries based on scientific evidence using the NHMRC guidelines grading system printable patient summary sheets at chapter end to facilitate discussion of clinical management conveniently organised by common medical presentations **Post HRT** American Health Consultants,2002

Understanding, Preventing and Overcoming Osteoporosis Gillian Tidey,Jane Plant,2012-05-01 With the help of this book you can Learn how to prevent osteoporosis Improve your chances of increasing your bone strength and health if you suffer from osteoporosis Discover how to get the best out of orthodox medicine Educate yourself about the fundamental importance of diet and lifestyle with seven Food Factors and eight Lifestyle Factors aimed at improving your bone health appearance and outlook Follow a new dietary regime based on delicious recipes Above all discover a diet and lifestyle that will empower you to prevent and combat the disease Clinical Epidemiology & Evidence-Based Medicine David L. Katz,2001-08-21 The presentation is consistently excellent One the writing is lucid and organized in a way that should be very natural for the clinical reader Two the text requires no background in mathematics and uses a minimum of symbols And three the methodological concepts and clinical issues are well integrated through a number of carefully prepared and comprehensive examples Greg Samsa Associate Director Duke Center for Clinical Health Policy Research If a patient is older or younger than sicker or healthier than taller or shorter than or simply different from the subjects of a study do the results pertain Clinical Epidemiology Evidence based Medicine is a resource for all health care workers involved in applying evidence to the care of their patients Using clinical examples and citing liberally from the peer reviewed literature the book shows how

statistical principles can improve medical decisions Plus as Katz shows how probability risk and alternatives are fundamental considerations in all clinical decisions he demonstrates the intuitive basis for using clinical epidemiology as a science underlying medical decisions After reading this text the practitioner should be better able to access interpret and apply evidence to patient care as well as better understand and control the process of medical decision making

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The Osteoporosis Prevention Guide Sarah Brewer, 1998 Informatie over ontkalking van de botten en voorkoming hiervan *Cox's Clinical Application of Nursing Diagnosis* Susan A Newfield, Mittie D Hinz, Donna Scott-Tilley, 2007-05-07 Organized by Gordon s Functional Health Patterns this unique care plan text is packed with outstanding features it s the resource students will turn to again and again They ll find everything they need to create and implement great care plans across the lifespan **Practical Guide to Reproductive Medicine** Paul A. Rainsbury, D. A. Viniker, David A. Viniker, 1997 This is a colour illustrated comprehensive clinical textbook and practical guide on reproductive medicine It covers the basic principles of reproductive medicine male and female infertility the disorders and diseases associated with sterility and infertility the climacteric hormone replacement therapy paediatric and adolescent endocrinology endometriosis contraception assisted reproduction surgical procedures including microsurgery cryopreservation surrogacy and counselling

Hormone Replacement Therapy Linda Laucella, 1999 Menopause hormones Natural Alternatives **Guide to the Canadian Family Medicine Examination** Megan Dash, Angela Arnold, 2013-01-28 A comprehensive review for the

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Guide to the Canadian Family Medicine Examination, Second Edition Angela Arnold,Megan Dash,2017-10-06 The ONLY guide specifically created to prepare for the Canadian Family Medicine Licensing Examination Everything you need to ace the SAMPs portion of the exam This unique review delivers thorough coverage of every priority topic included on the short answer management problems section of the Canadian Family Medicine Licensing Examination Each topic includes questions and answers answer explanations references and input from previous test takers and those who were involved in creating the exam The second edition has been updated to reflect the latest guidelines and exam topics NEW end of chapter case based Q A Call outs that help readers remember important information include Red Flags indicative symptoms and Remember icons References including relevant studies data and guidelines are provided for each topic

Pharmacotherapy Principles & Practice Marie A. Chisholm-Burns,Barbara G. Wells,Terry L. Schwinghammer,Patrick M. Malone,Jill M. Kolesar,John C. Rotschafer,Joseph T. DiPiro,2007-04-13 Easy to follow disorder based organization that surveys the full range of organ system disorders treated in pharmacy practice Knowledge building boxed features within chapters consisting of Clinical Presentation Diagnosis Patient Encounters and Patient Care and Monitoring Guidelines A standardized chapter format Laboratory values expressed in both conventional units and System International SI units

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