



HORMONES AND WOMEN'S HEALTH

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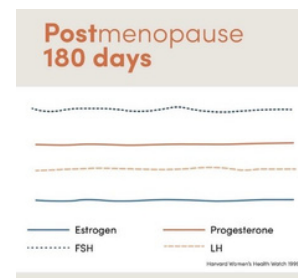
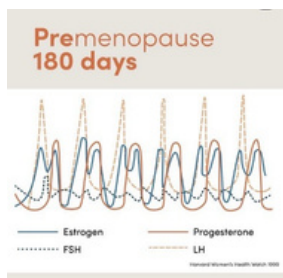
Menopause is more than a shift in hormones—it's a major health transition and an opportunity to invest in your health for decades to come. Understanding the changes that occur during menopause, their impact on whole-body health, and the role of menopausal hormone therapy can help women make informed decisions about their health at every stage.

HORMONE REPLACEMENT THERAPY

UNDERSTANDING MENOPAUSE

What are the differences between perimenopause, menopause, and post-menopause?

(Photo Credit, Dr. Mary Claire)



What happens to hormones during each stage?



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HORMONE REPLACEMENT THERAPY

HORMONE REPLACEMENT THERAPY: A CLOSER LOOK

HORMONE REPLACEMENT THERAPY

KEY TOPICS AND NOTES:

How did we get here? A look back at the 2002 Women's Health Initiative (WHI) study and what we know today about the safety and effectiveness of hormone therapy.

What does each hormone do, and when might it be used?

- Estradiol: systemic options, including oral and transdermal
- Vaginal estradiol
- Progesterone
- Testosterone

COMMON QUESTIONS ABOUT HORMONE THERAPY

What does "bioidentical" hormone mean?

What about compounded hormones?

Do hormone levels need to be checked?



HORMONE REPLACEMENT CONTINUED

is there an age at which hormone therapy should no longer be started or used?

How long should women use hormone therapy?

Who should not use hormone therapy?

SPECIAL CONSIDERATIONS AND ALTERNATIVES

What if you have a history of breast cancer or are at high risk for breast cancer?

What should you do if there is a shortage of estradiol patches or you cannot get your usual prescription?

What nonhormonal options are available for managing menopause symptoms?

Key Takeaway:

Continue to seek out education on menopause and peri-menopause from reputable sources and discuss symptoms early in peri-menopause or menopause with your medical provider

ADDITIONAL NOTES



BEYOND HOT FLASHES: PRACTICAL NEXT STEPS

Beyond hot flashes: Practical next steps for heart, metabolic, bone, brain, pelvic and sexual health

FIVE THINGS TO DO NOW

1. Know your numbers.

Review blood pressure, LDL/HDL/triglycerides, glucose and A1c, and signs of insulin resistance. Midlife changes may alter cardiovascular and metabolic risk before symptoms appear.

2. Build muscle.

Strength training is essential, not optional. Aim for resistance exercise at least twice weekly, regular weight-bearing movement, adequate protein, and balance work. Seek individualized guidance for osteoporosis, pain or injury.

3. Protect sleep.

Persistent insomnia, fatigue or snoring deserves evaluation. Hot flashes are only one possible cause; consider sleep apnea, mood, pain, restless legs, alcohol, medications, thyroid disease and iron deficiency.

4. Recognize the full picture.

Urinary, sexual, mood, sleep, cognitive and musculoskeletal changes deserve recognition, evaluation and individualized treatment—not simply a one-size-fits-all prescription.

5. Build your squad.

Invest in the next several decades of health without having to figure it all out alone. Your team may include primary care, menopause/HRT care, gynecology, pelvic-floor therapy, nutrition, behavioral health, sleep care, physical therapy or specialty care.



YOUR WHOLE HEALTH RESOURCE GUIDE

PREPARE FOR YOUR APPOINTMENT:

Bring a symptom timeline, menstrual history, medication and supplement list, relevant family history, treatments already tried, and your priorities for hormone and nonhormone options. Menopause care should address the person—not just the hormone level.

VAIL HEALTH HORMONE THERAPY PROVIDERS:

Hormone therapy should be individualized according to symptoms, age, medical history, personal risks, preferences and timing relative to menopause.

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MORE INFORMATION

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YOUR WHOLE HEALTH RESOURCE GUIDE

LOCAL WHOLE-HEALTH PROGRAMS

BONE HEALTH | HOWARD HEAD SPORTS MEDICINE

Individualized exercise, balance and fall prevention, posture, loading, rehabilitation and nutrition support for osteopenia, osteoporosis and fracture risk. Call (970) 476-1225.
howardhead.org/services/bone-health

METABOLIC HEALTH | VAIL HEALTHSPAN

Evidence-based support for exercise, nutrition, sleep, metabolic health, mindset, community and long-term vitality.
 Call (970) 432-6240. vailhealthspan.com

TRUSTED EDUCATIONAL RESOURCES

The Menopause Society – patient education, symptom guides and MenoNotes
menopause.org/patient-education

American Heart Association
 Menopause and cardiovascular health: heart.org/menopause

American College of Obstetricians and Gynecologists – menopause guidance:
acog.org/womens-health/faqs/the-menopause-years

WAIT...THAT'S MENOPAUSE TOO?

Menopause is a whole-body health transition

HEART HEALTH

- Blood pressure
- Cholesterol
- Vascular health

METABOLIC HEALTH

- Body composition
- Insulin sensitivity
- Muscle

BRAIN HEALTH

- Sleep
- Mood
- Cognition

BONE + MSK HEALTH

- Bone density
- Strength
- Balance

THE OPPORTUNITY: PROTECT THE NEXT 30-40 YEARS OF HEALTH

MORE INFORMATION

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