



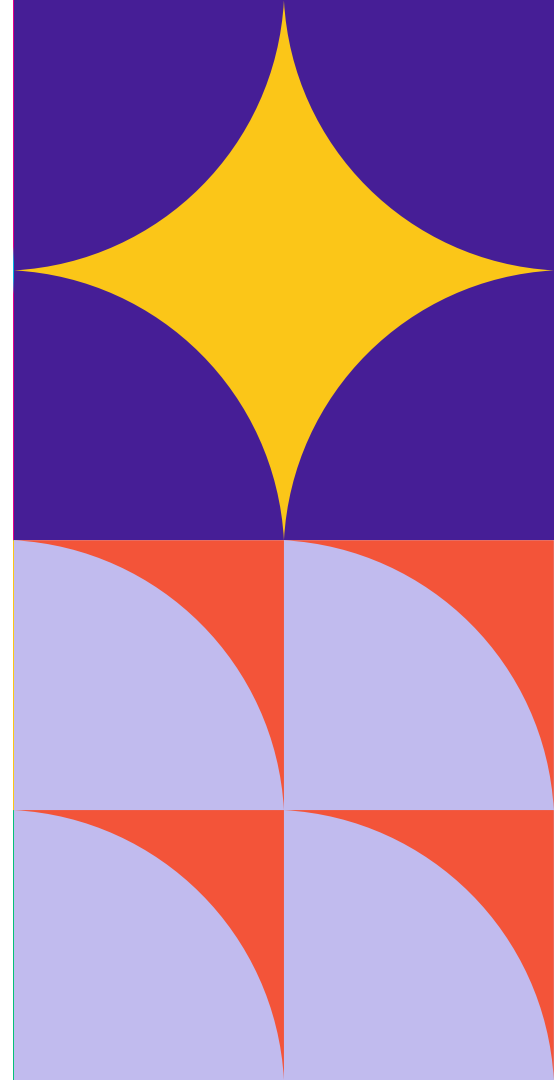
ThoughtSpot

Let's Take a Pause! The Pharmacist's Role in Menopause Care!

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Disclosure Statement

There are no relevant financial relationships with ACPE defined commercial interests for anyone who was in control of the content of the activity.



Learning Objectives

Identify

Identify common symptoms and challenges related to menopause care.

Describe

Describe the role of pharmacists in managing patients experiencing menopause.

Review

Review recommendations for non-pharmaceutical and lifestyle interventions for patients experiencing menopause.

Discuss

Discuss the importance of a collaborative care model in supporting care for menopause patients in the pharmacy setting.

Speaker



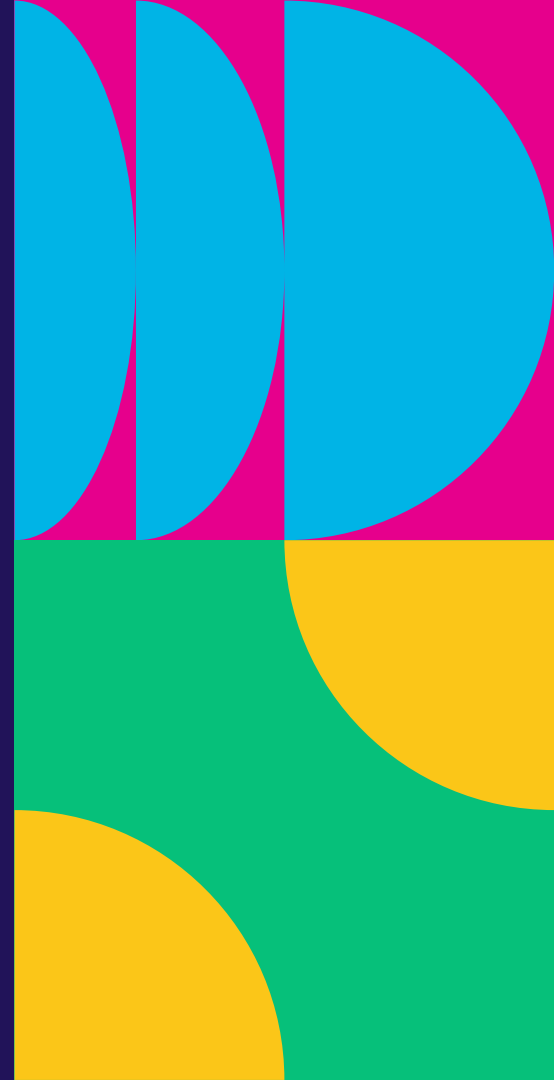
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Menopause and Estrogen

- In 1821 Dr. Charles Negrier first coined the term “menopause” or the menstrual “pauelin” occurring naturally in women.
- Estrogen later discovered in 1906
- Newly diagnosed “disease of deficiency” led to hormone replacements being discovered.
- 1938 first synthetic estrogen
- 1942 conjugated equine estrogen first produced

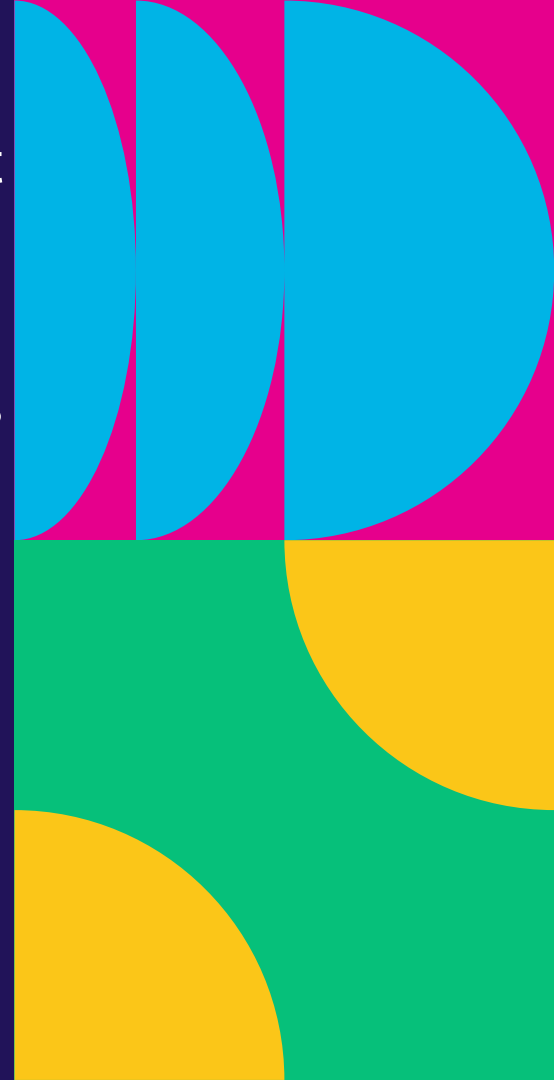


Gaps in Menopausal Research and Societal Consequences

- The Women's Health Initiative (WHI)
 - 2002 preliminary findings showed risk outweighed benefits
 - Treatment and management altered in menopause for 20 years
- 2022 North American Menopause Society statement
- 2022 European Menopause and Andropause Society consensus statement

Menopause Healthcare Training

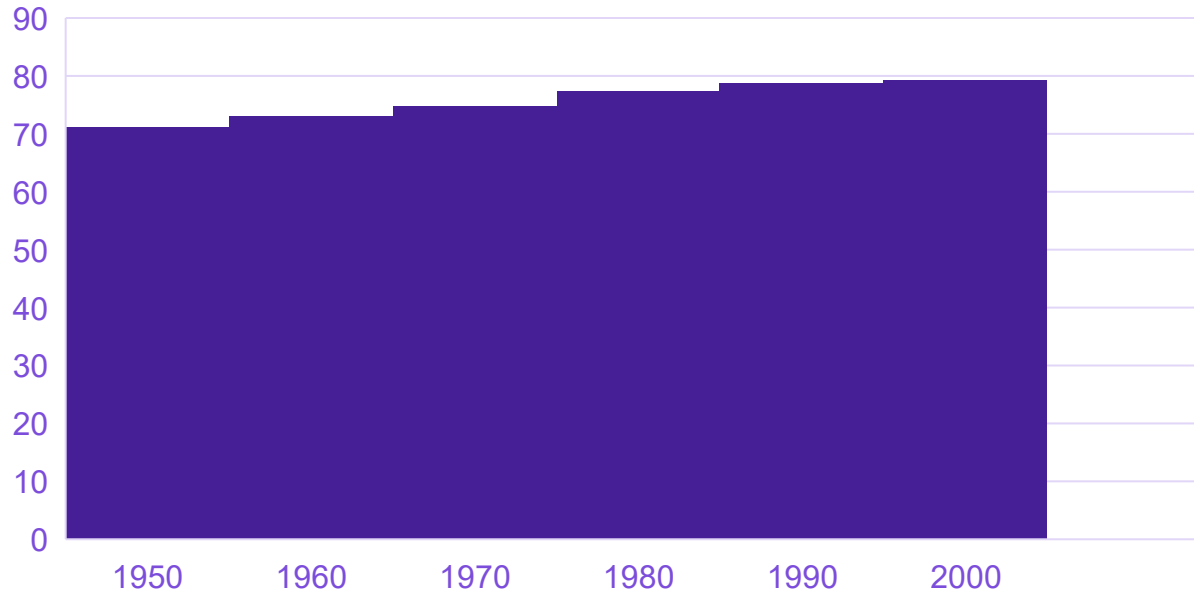
- Cross sectional survey completed in 2019 of post graduate FM, IM, OB-GYN residents
- Trainees were between 26-30 years of age
- Females represented the majority of respondents
- 20.3% reported not receiving ANY menopause lectures during residency
- Only 6.8% reported feeling adequately prepared to manage women going through menopause
- 93.8% of respondents reported it was important for them to receive proper training for menopausal women



Challenges for Providers

- Half the world's population will experience menopause and other phases including peri-menopause.
- 1.1 Billion worldwide in 2025 will be in menopause
- Most healthcare providers have less background and education about menopausal conditions than those with similar prevalence
- Increasing demands from patients for care during this hormonal transition to help with both quality and length of life
- Onset ranges between 45 and 55 with a mean onset of 51 years
- Symptoms experienced by women related to menopause received a confirming diagnosis only 8% of the time

Statistics for lifespan of women by decade



Statistics for lifespan of women by decade

1950 71.1 years

1960 73.1 years

1970 74.7 years

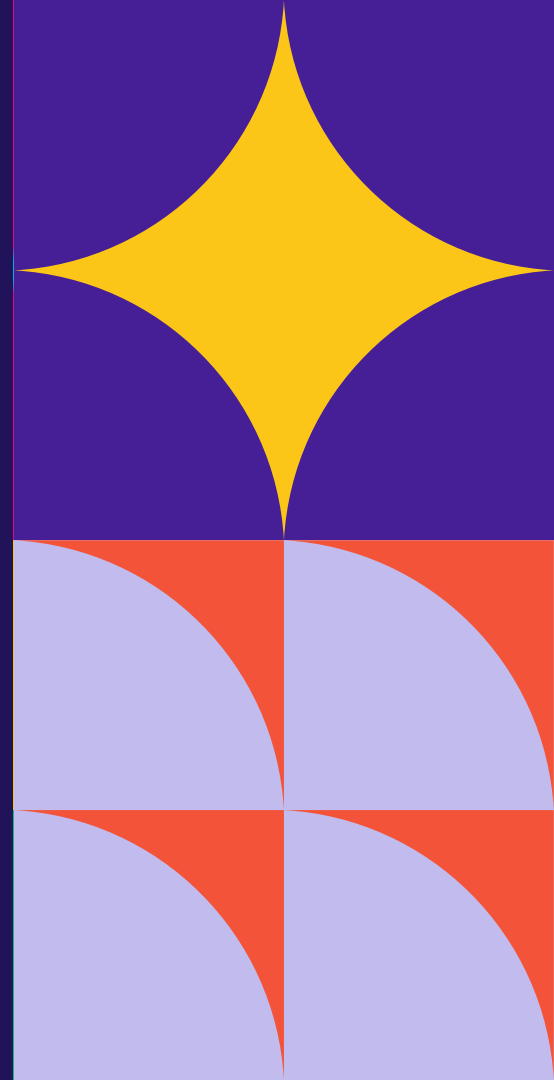
1980 77.4 years

1990 78.8 years

2000 79.3 years

Current lifespan for women is 80.2 years

A Pharmacist's Role in Menopause Management



Identifying common symptoms and challenges

SYMPTOMS:

- Vasomotor symptoms- affects 80% of menopausal women
- Sleep disturbances- insomnia, early wakening
- Physical/body changes
- Mood changes
- Genitourinary Syndrome of Menopause

CHALLENGES:

Symptoms can be variable

Minimization of symptoms

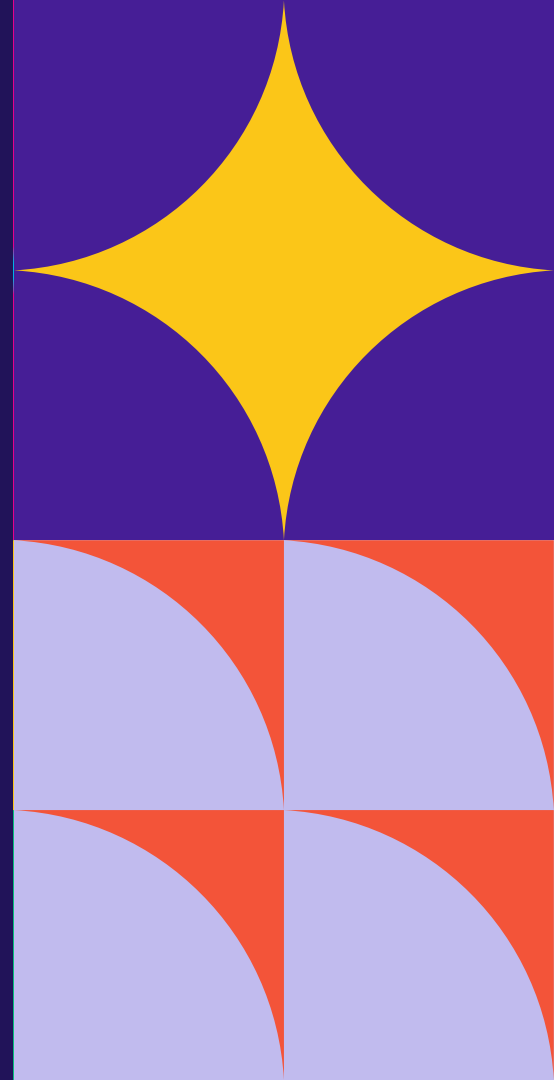
Adequate provider training

Opportunity for pharmacists



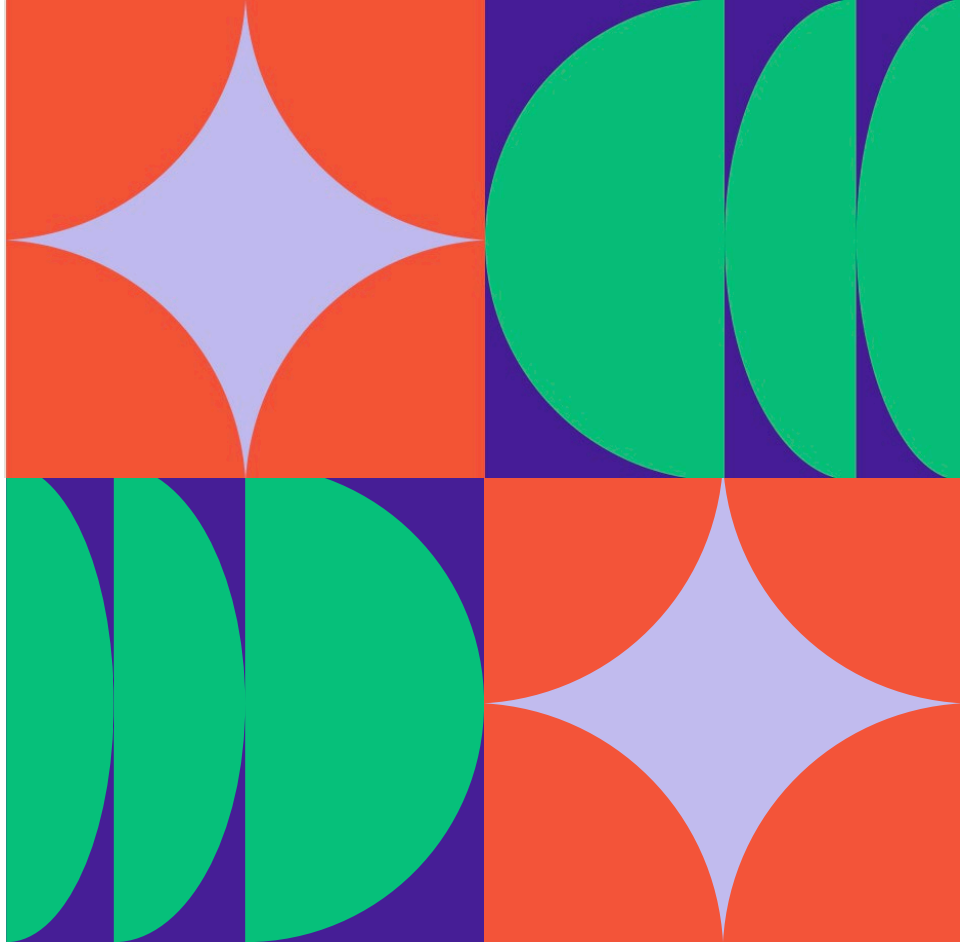
Pharmacist's Role and Responsibilities

- Accessibility and early symptom recognition
- Medication Expertise
- Patient education and empowerment
- Monitoring and follow-up



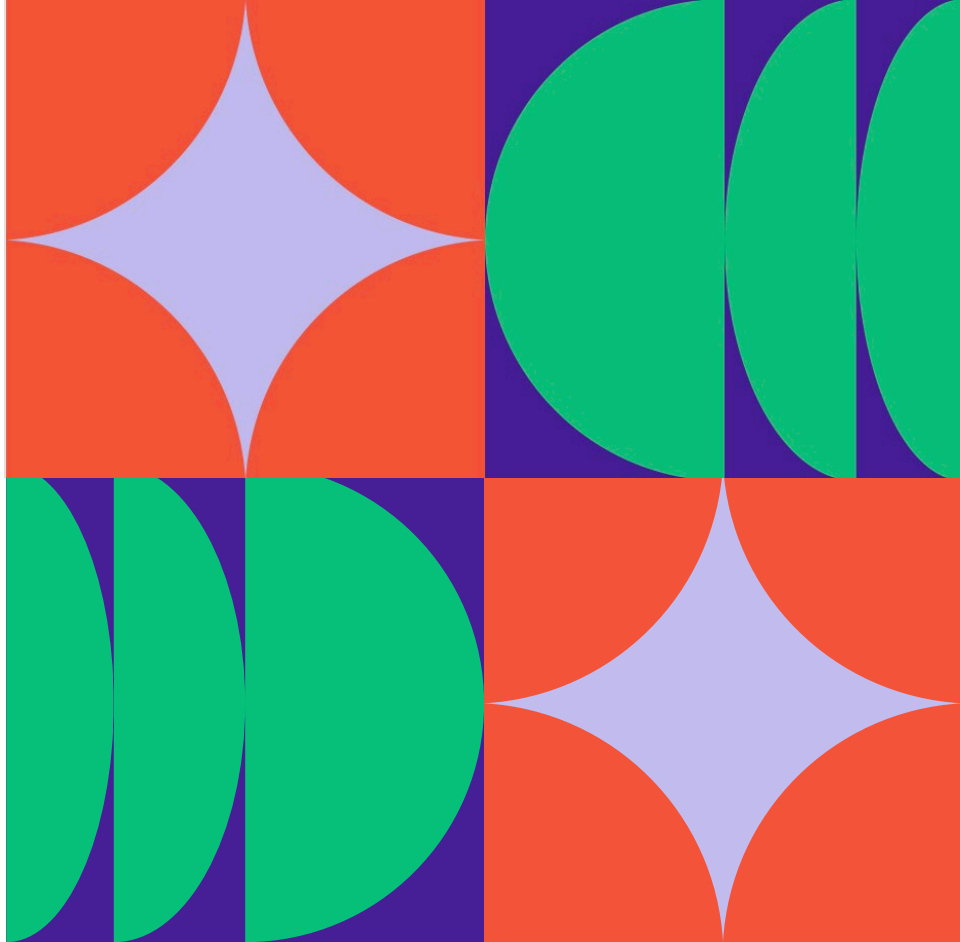
Accessibility and early symptom recognition

- Most accessible allows for frequent contact
- Initiate conversations
- Recognize untreated or mismanaged symptoms
- Offer HT counseling (formal vs. informal)
- Refer appropriately if advanced care needed



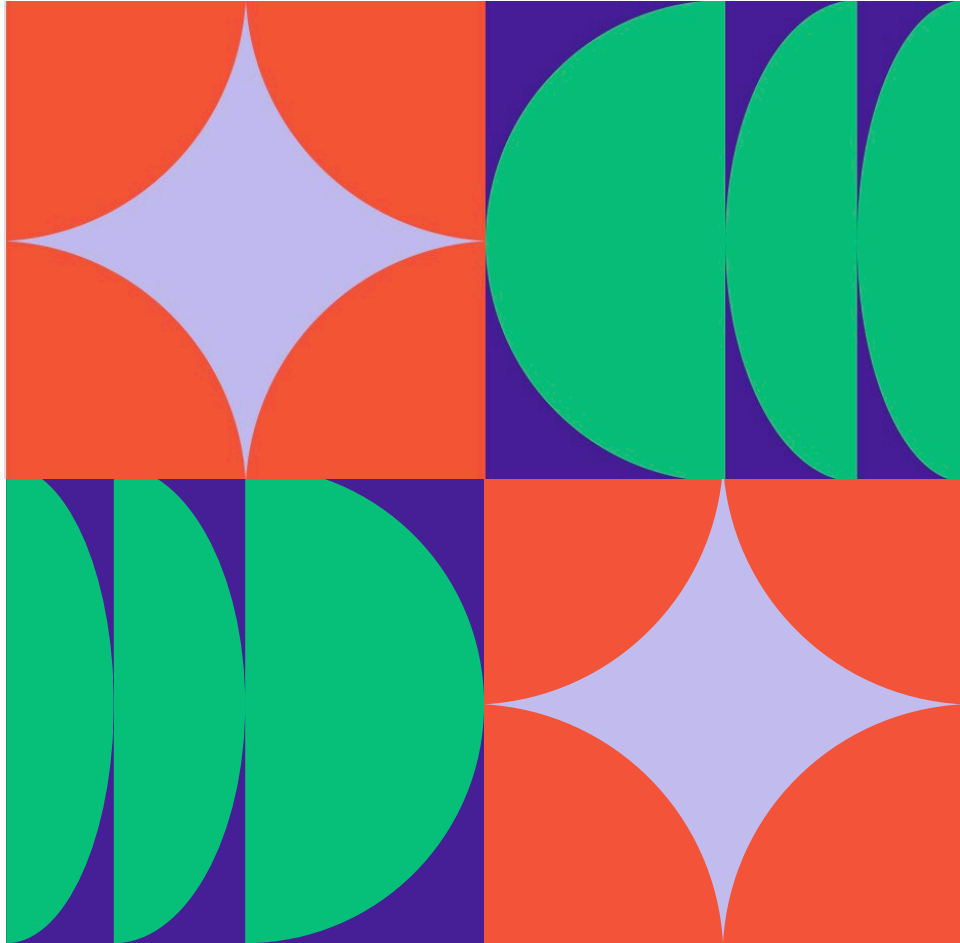
Medication Experts

- Assist the patient in understanding safe options for hormone therapy.
- Assess patient history to understand other disease states that may affect HT.
- Adjust medication regimens based on effectiveness, side effects, or drug interactions.
- Offer ongoing counseling to encourage adherence to optimize patient outcomes.



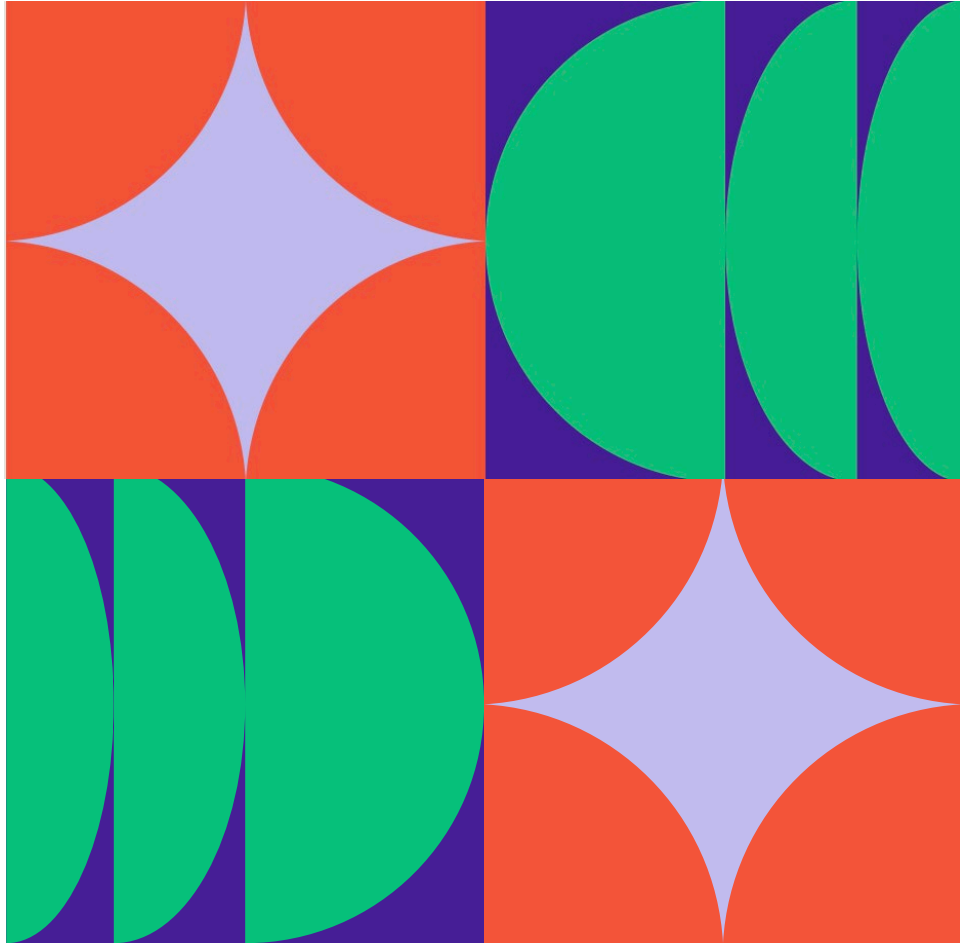
Patient Education and Empowerment

- Dispel Myths
- Provide clear guidance
- Empower the patient



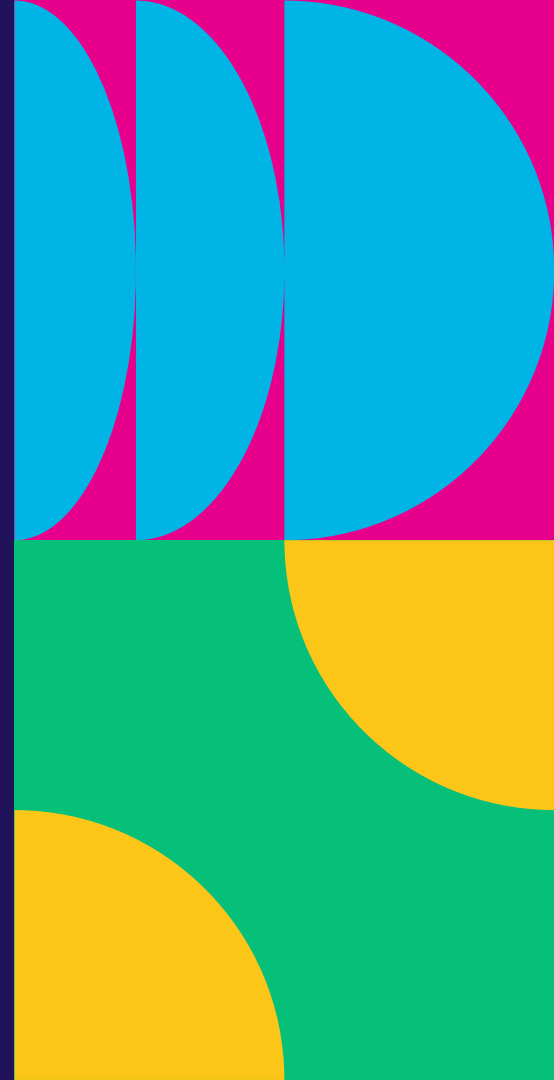
Monitoring and Follow-up

- Did the patient state specific goals?
- Is the patient having side effects?
- Does the patient need different therapy?



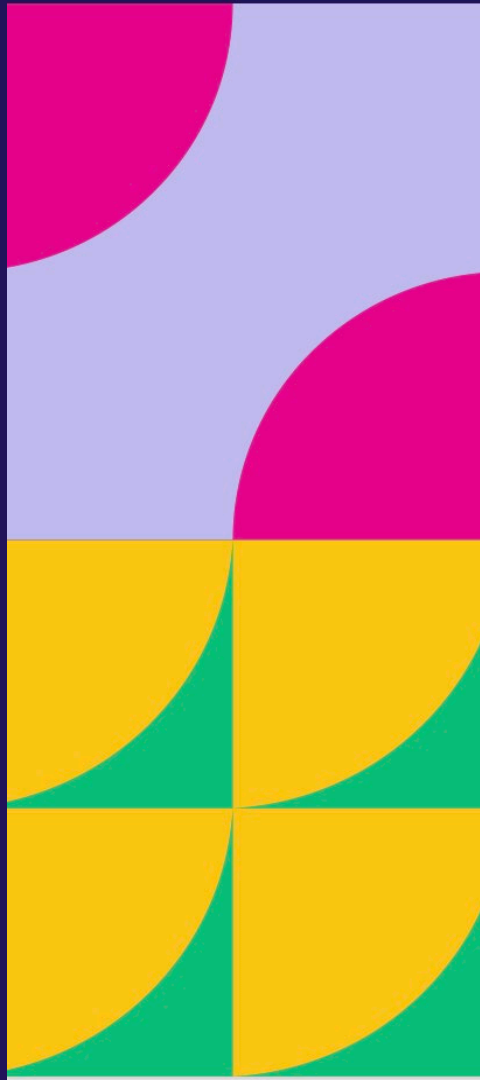
Recommendation for Non-Pharmacological and Lifestyle Interventions

- Nutritional advice/support
- Exercise/movement
- Stress management/support
- Sleep hygiene

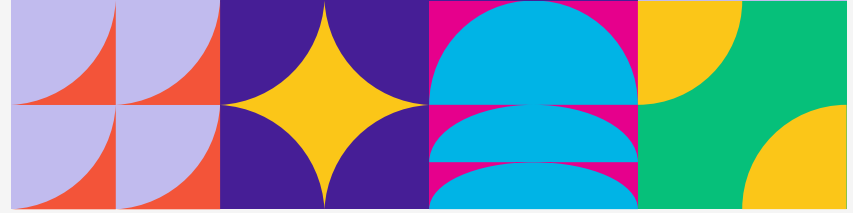


Creating a Collaborative Care Model

- Stay informed and educated
- Establish relationships with other providers
- Share documentation/lab work
- Promote your services and access to menopause care



Questions?



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