



CME Questions

Menopause

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1. Regarding menopause
 - a. Vasomotor symptoms are present in 75% of women going through menopause.
 - b. Estrogen alone preparations have a beneficial effect on high-density lipoproteins (HDL) and low-density lipoprotein (LDL).
 - c. A significant amount of women with fracture neck of femur die within the first year.
 - d. If the duration of treatment of Estrogen exceeds 1 year, it has to be under specific individualized indications with intense follow-up and monitoring.
 - e. All women should have screening for BRCA gene mutation even if there is a negative history for breast and ovarian cancer.
2. The following are contraindications for hormone replacement treatment (HRT)
 - a. Diabetes mellitus
 - b. Past history of breast cancer
 - c. Migraine
 - d. Past history of deep vein thrombosis
 - e. Essential hypertension
3. A 55-year old woman with hot flushes and night sweats presents to the gynaecology clinic. She underwent a mastectomy and radiotherapy for breast cancer 3-years back. She has a strong family history of osteoporosis. What is the best option to manage her symptoms?
 - a. Hormone replacement treatment (HRT)
 - b. Raloxifene
 - c. Tamoxifen
 - d. Norethisterone
 - e. Transdermal HRT
4. A 60-year old woman with a documented history of Transient Ischaemic Attacks (TIA) complains of vasomotor symptoms. What is the best treatment option,
 - a. Hormone replacement treatment (HRT)
 - b. Transdermal HRT
 - c. Vaginal Estrogen
 - d. Tamoxifen
 - e. Phyto-Estrogen
5. A 45-year old woman with two children complains of headache, sweating and hot flushes. She had a hysterectomy five years back for menorrhagia. The general and gynaecological examination findings were normal. What is the most appropriate treatment regimen?
 - a. Vitamin E
 - b. Norethisterone
 - c. Estrogen and progestogen HRT
 - d. Combined oral contraceptive pill
 - e. Estrogen only HRT

References

1. Patterson M. Menopause and hormone replacement therapy. In: Luesley DM, Baker PN, editors. Obstetrics and Gynaecology: An evidence-based text for MRCOG. 2nd ed. London: Hodder Arnold; 2010.



2. Luesley DM, Baker PN, editors. MCQs and Short Answer Questions for MRCOG. An aid to revision and self-assessment. 1st ed. London: Hodder Arnold; 2004.
3. Perera H. Ekanayake C. Menopausal hormone therapy with Estrogen and progestogen. Sri Lanka Journal of Menopause. 2019; 1 (1):5-12.

Answers

1. All true
2. FTFTT
3. D
4. B
5. E

* Table 01 shows a summary of menopausal treatment options



Table 01 : Menopause Treatment options

	HRT	Transdermal HRT	Vaginal oestrogens	Norethisterone	Tamoxifen	SERM	Tibolone	Clonidine	SSRI	Bisphosphonates	Plant oestrogens
Vasomotor symptoms	↓	↓		↓	↑	↑	↓	Slight ↓	↓		↓evidence?
Breast	↑	↑	-	↑	↓	↓					↑
Osteoporosis	↓	-	-	-	↓	↓				↓	↓
Cardiac risk	<60 - protective >60 - Risk ↑	= HRT		-							
Endometrial effects	O - ↑, O+P -			↓	↑						
VTE	↑	-			↑						





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