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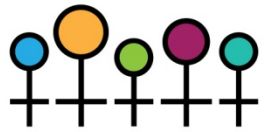
Menopause and HIV

Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

www.thewellproject.org

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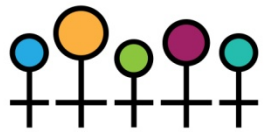
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What Is Menopause?

Menopause: Point in time when ***a woman's menstrual periods have stopped***

- Often called "change of life"
- Menopause is a normal part of a woman's life

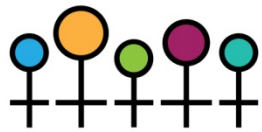




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What Is Menopause?

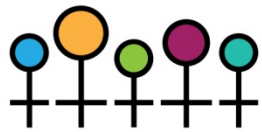
- Women usually experience menopause between ages of 38 and 58; average age is 51
- Some evidence that women living with HIV may experience menopause earlier
- Symptoms may be more intense for women living with HIV, but research is inconclusive
- A woman can usually tell she is getting close to menopause because her periods start changing
 - *Perimenopause*: time of transition leading up to a woman's final menstrual period



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What Is Menopause?

- ***Changes of menopause begin*** when:
 - Ovaries (female reproductive organs containing eggs) naturally begin to slow down making **estrogen** and **progesterone** (female sex hormones)
- When women ***near menopause***:
 - Estrogen levels drop
 - Stop having regular cycles
 - Eventually can no longer get pregnant
- Women have ***passed through menopause*** when:
 - Body has completed these changes (one to several years)
 - Has not had period for 12 months in a row

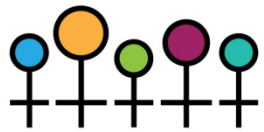


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Symptoms and Conditions Related to Menopause

During perimenopause, hormone levels rise and fall unevenly. Women may experience:

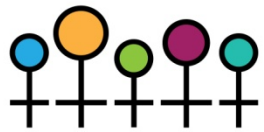
- Increasingly irregular periods
 - Change in frequency, duration, amount
- Hot flashes, night sweats
- Mood swings
- Depression
- Irritability
- Vaginal dryness
- Forgetfulness
- Trouble sleeping, fatigue
Lack of sexual desire
- Skin changes including:
 - Thinner skin
 - Wrinkling
 - Acne



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Symptoms and Conditions Related to Menopause

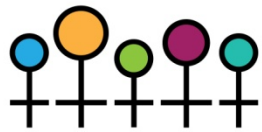
- Women living with HIV who experience sweats at night
 - May be *misdiagnosed as having menopause-related hot flashes*
 - Their sweats may be result of HIV
- Vaginal dryness can be mistaken for a yeast infection
- Keep track of menstrual cycles
 - Report any changes to health care provider
 - Can avoid wrong diagnosis or hormonal treatments that may not be necessary



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Symptoms and Conditions Related to Menopause

- Women living with HIV ***may experience menstrual cycle changes*** even if not going through menopause
 - Speak to health care provider if having symptoms described above
 - Find out if related to HIV, menopause, or a combination
 - May be helpful to have hormone levels checked
- ***Medical concerns*** that can develop after menopause:
 - Osteoporosis (bone loss)
 - Cardiovascular (heart) disease
 - Urinary incontinence, including more frequent urination or involuntary loss of urine (leaking)



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Hormone Replacement Therapy (HRT)

Replacing estrogen a woman's body no longer makes
can relieve symptoms of menopause

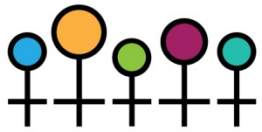
- Women who have a uterus usually take estrogen with progesterone (**hormone replacement therapy, or HRT**)
 - HRT used to be regularly recommended to relieve menopausal symptoms, reduce bone loss
 - Long-term use of HRT now questionable; research shows it can increase women's risk for breast cancer, heart disease, stroke
 - May be appropriate for a short time



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Hormone Replacement Therapy (HRT)

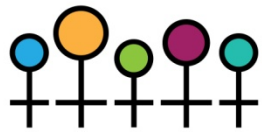
- Taking estrogen without progesterone increases uterine cancer risk
 - Woman who has had her **uterus** removed can take estrogen by itself (**estrogen replacement therapy**, or ERT)
- Estrogen and progesterone are available in patches, creams, vaginal rings
 - Alternatives to pill form of HRT
 - May not carry same risks
- Talk to provider about risks, benefits of HRT
 - Tell provider all other medications or supplements being taken



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Hormone Replacement Therapy (HRT)

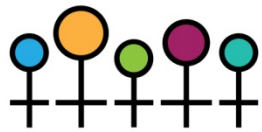
- Sometimes ***HIV drugs can reduce effectiveness of hormones***
 - Includes birth control pills containing estrogen and progesterone
- Estrogen can also cause lower levels of HIV drugs
 - Risk for rising viral load, HIV drug resistance
- Women living with HIV and taking HIV drugs have ***good results using birth control pills and other hormonal contraceptives***



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Alternative Treatments

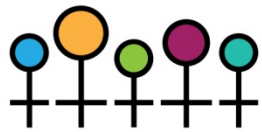
- Complementary/alternative therapies for menopausal symptoms:
 - Traditional Chinese Medicine (e.g., acupuncture, Chinese herbs)
 - Eating foods that contain plant-based estrogens (also called phytoestrogens; e.g., soy, flax seeds)
 - Herbal or botanical supplements (e.g., soy, dong quai, kava, ginseng, etc.)
 - Antidepressant drugs and/or counseling
 - Mindfulness training
- Some may have unwanted side effects or interact with HIV drugs
 - Many complementary therapies not regulated by U.S. Food and Drug Administration (FDA)
 - Not same requirements for evidence of effectiveness as standard therapies



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Keeping Healthy after Menopause

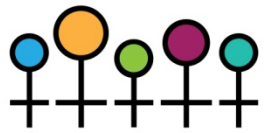
- Eat a healthy diet
- Have bone health checked; ask provider about specific treatment to prevent bone loss:
 - Calcium supplements
 - FDA recommends women over 50 take $\geq 1,200$ mg calcium/day
 - Calcium supplements may interfere with certain HIV drugs
 - Speak to your provider before taking them
 - Prescription drugs to prevent bone loss
- Have vitamin D level checked; take supplements as instructed by provider
- Quit or try to cut down on smoking



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Keeping Healthy after Menopause

- Use alcohol moderately (no more than one drink per day)
- Be physically active:
 - Aerobic or cardiovascular activity for 30 minutes, 5x/week (brisk walking, etc.) can prevent cardiovascular disease
 - Muscle-strengthening activity 2x/week can prevent bone loss
- Mammogram every 1-2 years
- GYN exam at least 1x/year
 - With cervical cancer screening test (for those with a uterus)
- Get your cholesterol, triglycerides checked regularly



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Taking Care of Yourself

- Menopause may signal the end of a woman's fertility, but ***it is not the end of her femininity or sexuality***
 - Some women experience mild, tolerable symptoms
 - Others' symptoms are severe; impact quality of life
- Decisions about treatment options are up to each individual
 - Discuss concerns, questions with provider to weigh risks and benefits



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Learn More!

- To learn more, and for links to articles featuring more details, please read the full fact sheet:
 - [Menopause and HIV](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - www.thewellproject.org
 - www.facebook.com/thewellproject
 - www.twitter.com/thewellproject