

Integrative Medicine for Menopausal Symptoms

Judy Balk, MD MPH
Temple University School of Medicine
Allegheny Health Network
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Menopause transition

- Hot flushes
- Mood swings
- Fatigue
- Irritability
- Irregular menstrual cycles
- Sleep disruption

THE 7 MENOPAUSAL DWARFS



ITCHY



BITCHY



SWEATY



BLOATY



SLEEPY

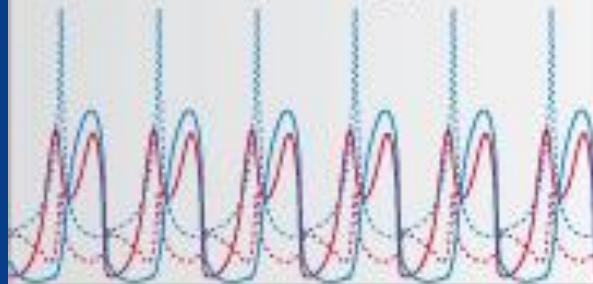


FORGETFUL



PSYCHO danc

Premenopause (180 days)



Perimenopause (180 days)



Postmenopause (180 days)



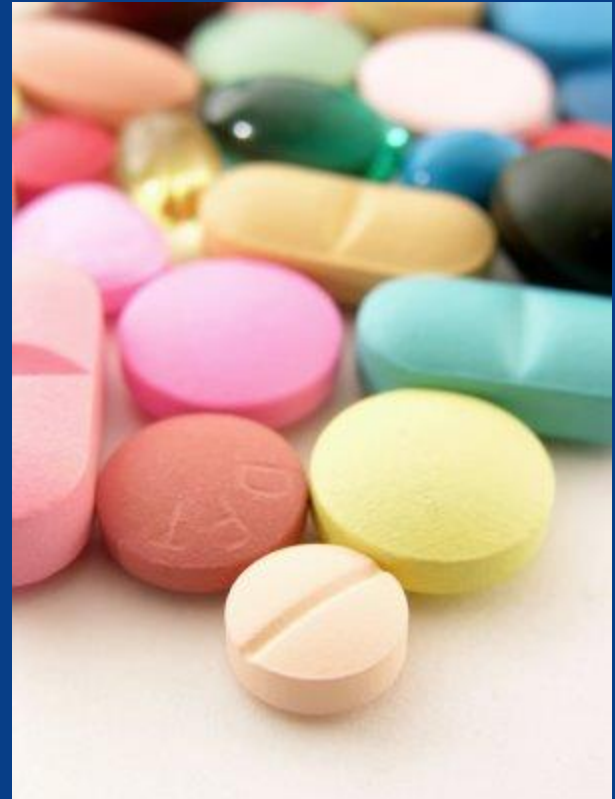
— Estrogen - - - - FSH
— Progesterone - - - - LH

Physiology of symptoms

- Narrowed thermoregulatory zone
- Late menopause transition:
 - HPA activation
 - ↑ cortisol and DHEAS
- Imbalance
 - Hyperestrogen and Hypoprogesterone
 - Sympathetic and Parasympathetic

Pharmaceuticals

- Hormone therapy (Estrogen/Progestogen)
- SSRIs
- SNRIs
- Clonidine
- Gabapentin



IM approaches in menopause

- Mind-body medicine
- Yoga
- Acupuncture
- Botanical and Supplements

- Disclaimer: not comprehensive review but representative

Does stress worsen hot flushes?

- RCT :lab stress versus non-stress
- 47-57% ↑ flushes with stress
- **Both life stress and lab stress ↑ flushes**

Swartzman et al. Health Psychology 1990;9(5):529-45.

Mind-body approaches

- If stress \uparrow hot flushes...
- Can relaxation \downarrow them?

Mind-body approaches

- Multiple studies:
 - Relaxation response
 - Slow deep breathing
 - MBSR
 - Hypnosis
 - CBT
- Most show great improvement in HF

MBSR

- n=110
- MBSR vs WLC
- ↓ in bother from hot flashes
- No sig ↓ in hot flash intensity
- Improvements maintained at 3 months
- Standard MBSR procedure

Carmody JF et al. Mindfulness training for coping with hot flashes: results of a randomized trial. *Menopause* 2011;18:611-620.

MBSR

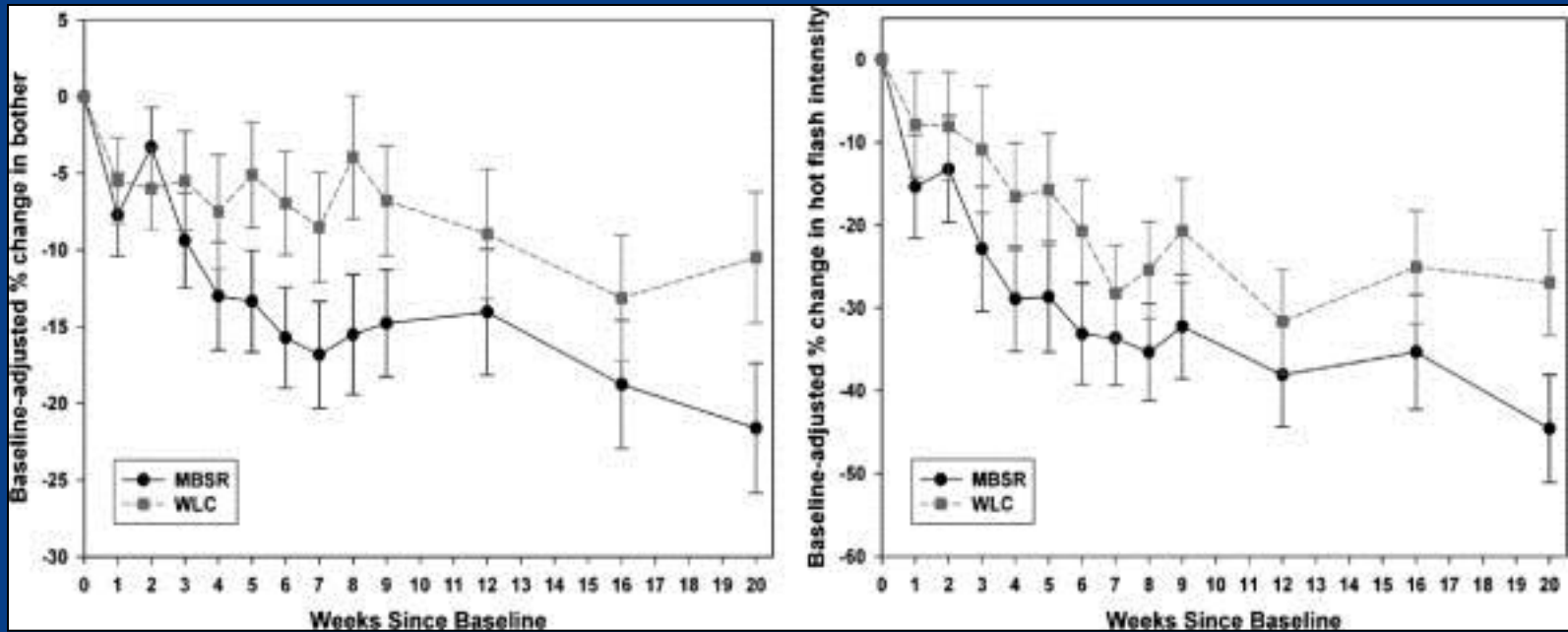


FIG. 2 . Mean percent change since baseline (SE) in hot flash bother and hot flash intensity, weekly during the intervention (weeks 1-9) and at 12-, 16-, and 20-week follow-up.

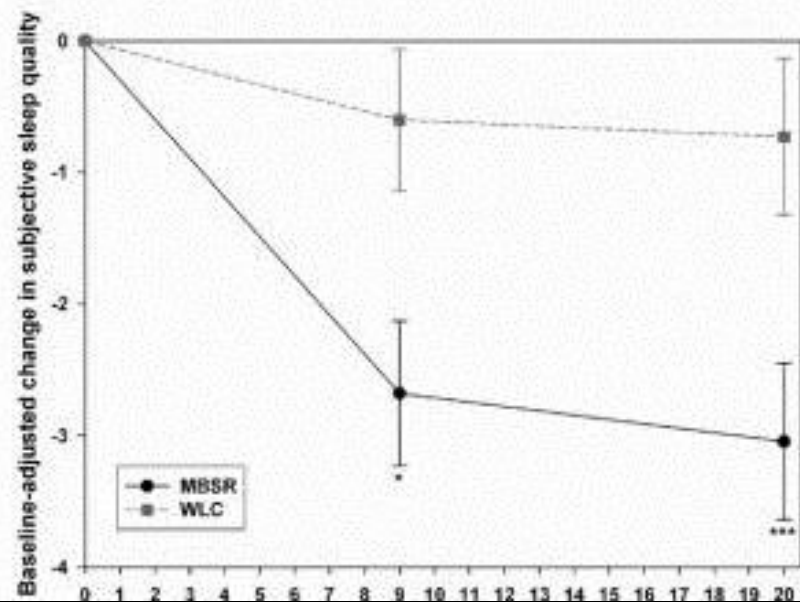
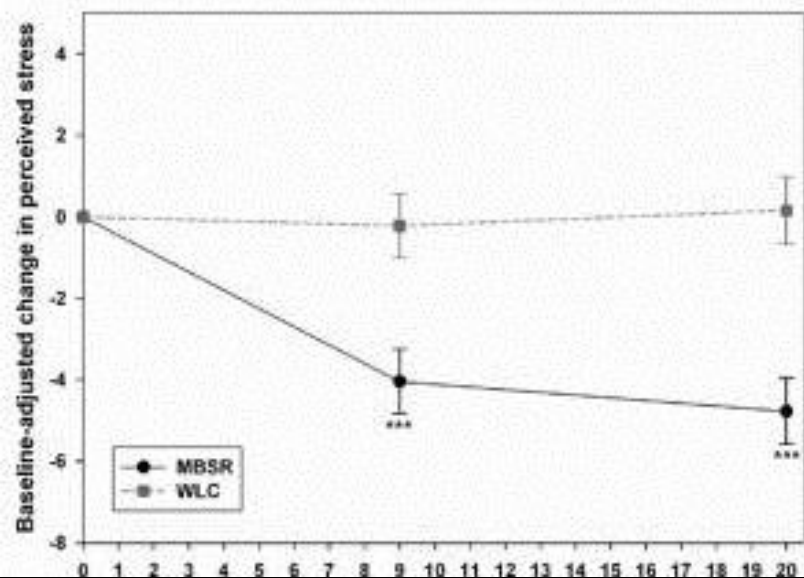
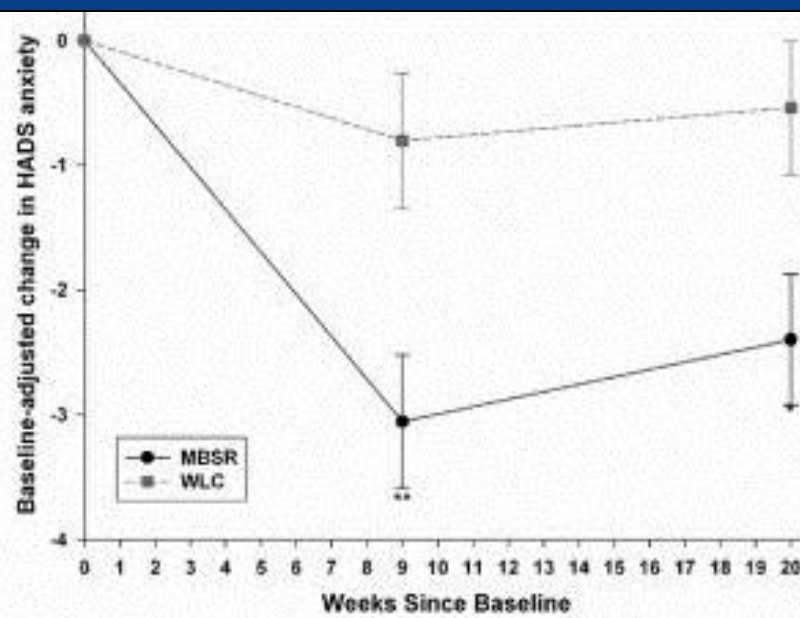
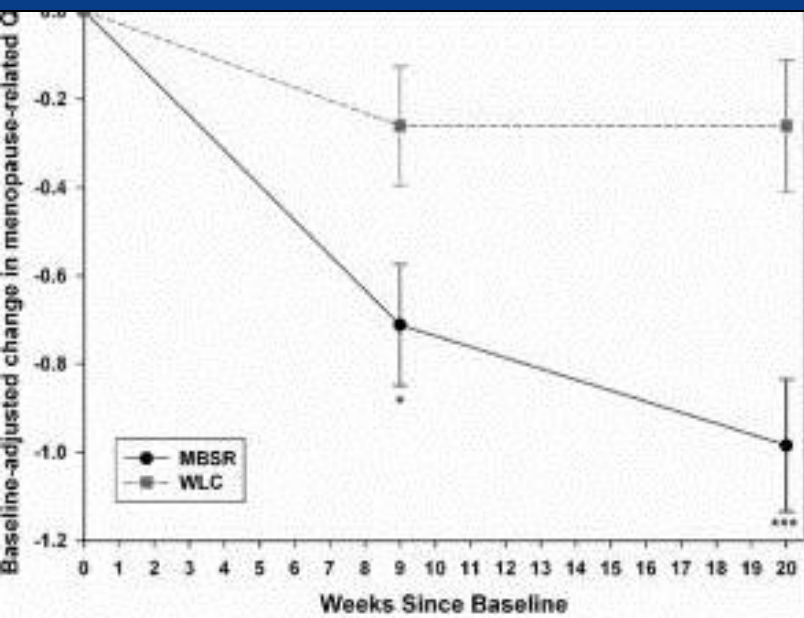


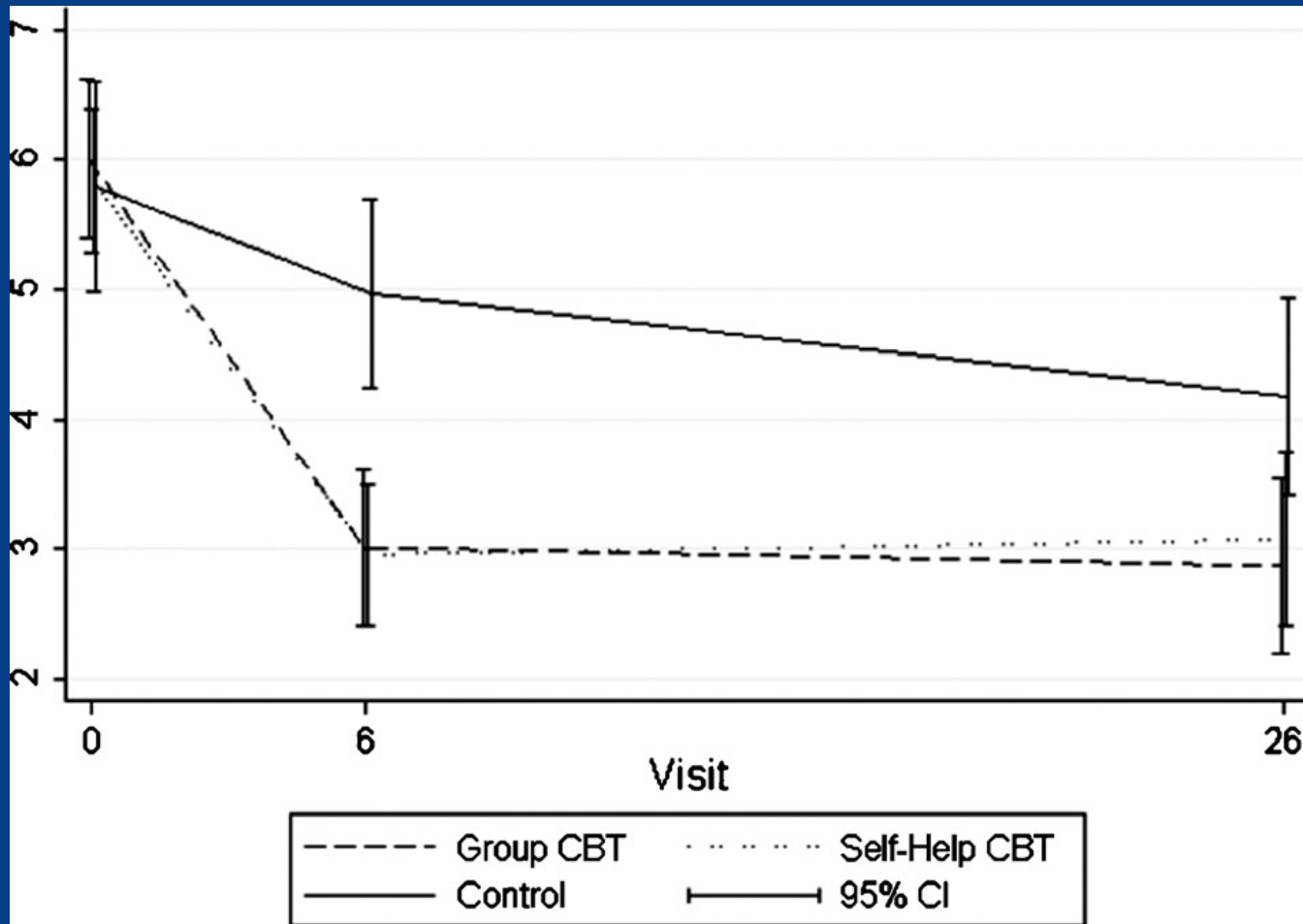
FIG. 3 . Mean absolute change since baseline (SE) in psychosocial outcomes at weeks 9 and 20. For between-arm differences

Cognitive Behavior Therapy

- N=140 3 arm RCT for 4 weeks
- Group CBT 2-hour /week for 4 weeks
- Self-help CBT
- Usual care

- Improvements in mood, QOL, HF/NS

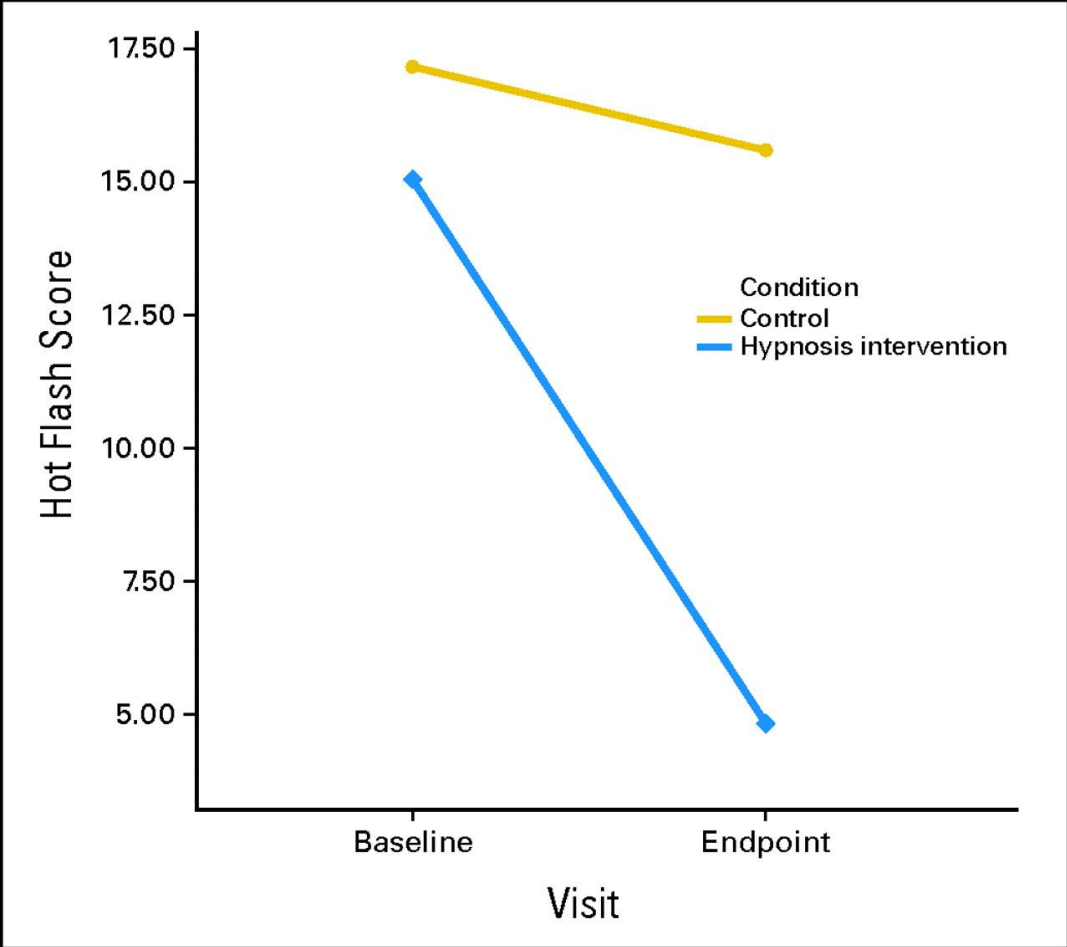
Hot flush rating scale



Hypnosis for Hot Flushes

- 65 breast cancer survivors
- 5 weekly sessions versus no treatment
- Standard transcript
- ↓ in:
 - hot flushes
 - Anxiety
 - Depression
 - sleep disruption

Elkins G et al. JCO 2008;26:5022-5026

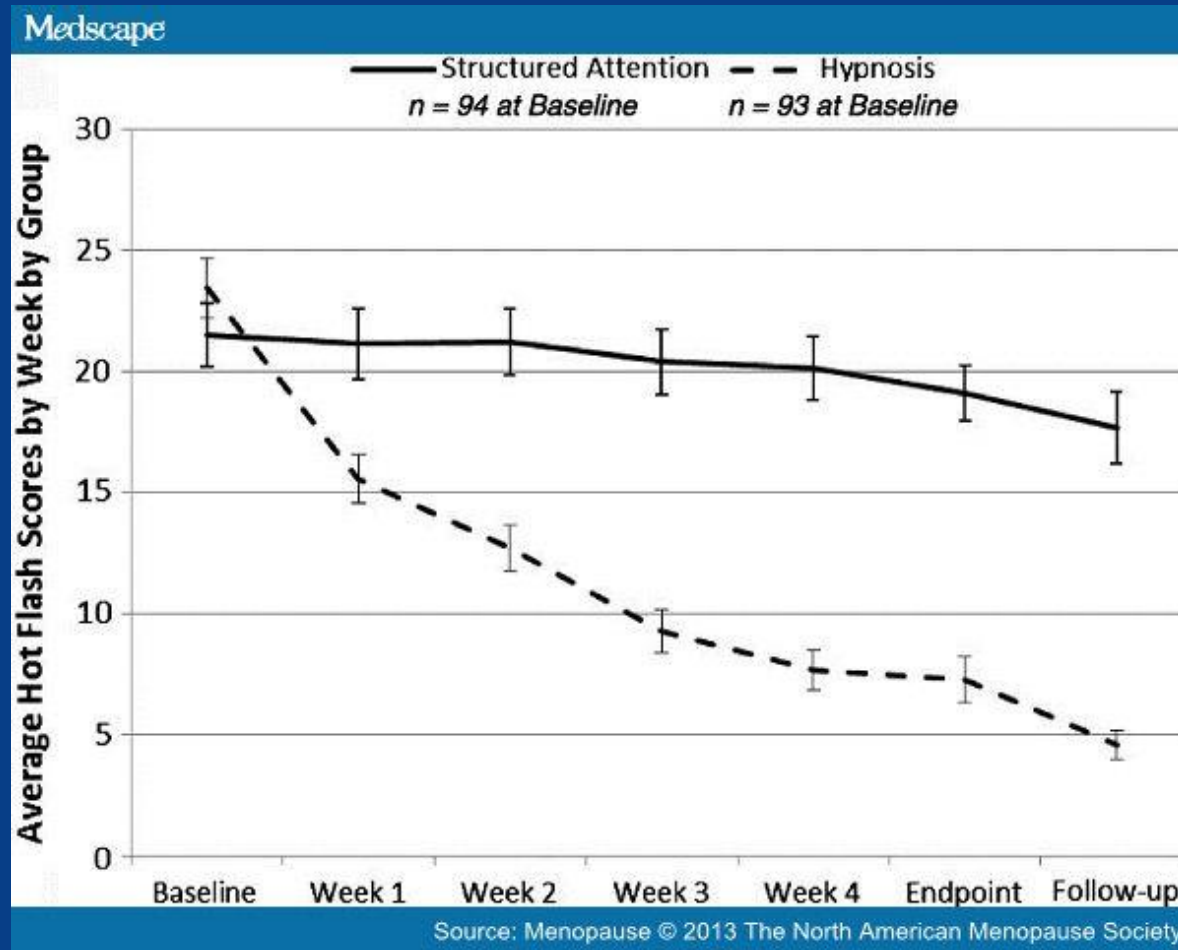


Hypnosis

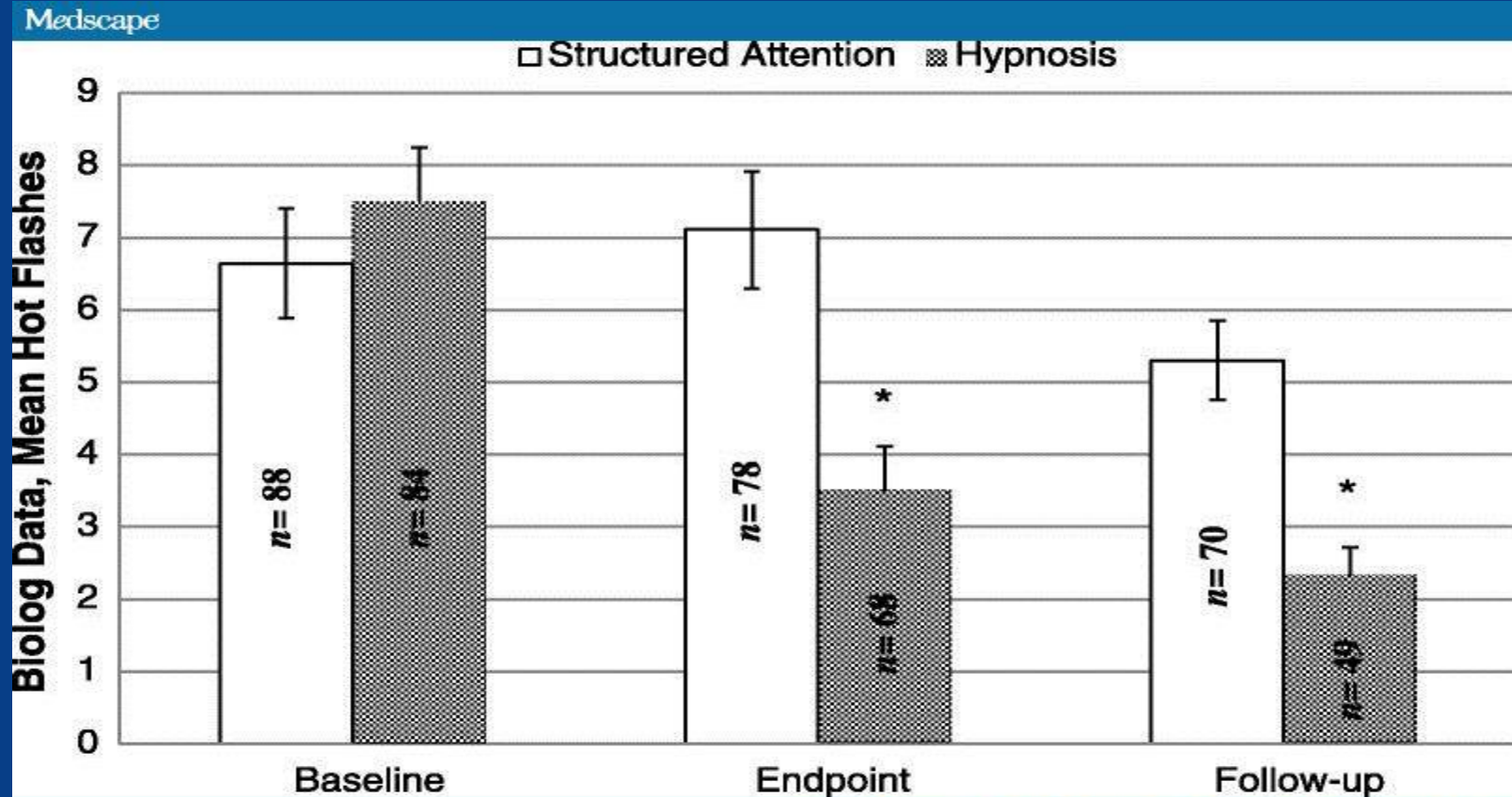
- Not confined to breast cancer patients
- >6 hot flushes per day
- RCT: hypnosis vs active structured-attention control
- Matched for therapist exposure, therapeutic environment, interpersonal exchange, and encouragement

Elkins et al. Clinical Hypnosis in the Treatment of Postmenopausal Hot Flashes: A Randomized Controlled Trial. *Menopause* 2013;20(3):291-298.

Hypnosis: HF score



Hypnosis: Objective HF



Source: Menopause © 2013 The North American Menopause Society

Yoga

- N=200, ages 40-55 RCT
- Daily yoga vs no yoga for 3 months

Joshi S et al. Menopause Intl 2011;17:78-81.

Chattha R et al. Menopause 2008;15:862-870.

Freedman and Woodward. Am J Obstet Gynecol 1992;167:436-9.

Yoga versus Control

	Pre Yoga	Post yoga	Pre control	Post control
MRS	9.37	4.36*	9.00	9.20
Psych	4.57	1.85*	3.75	3.73
Somatoveg	3.34	1.61*	3.24	3.3

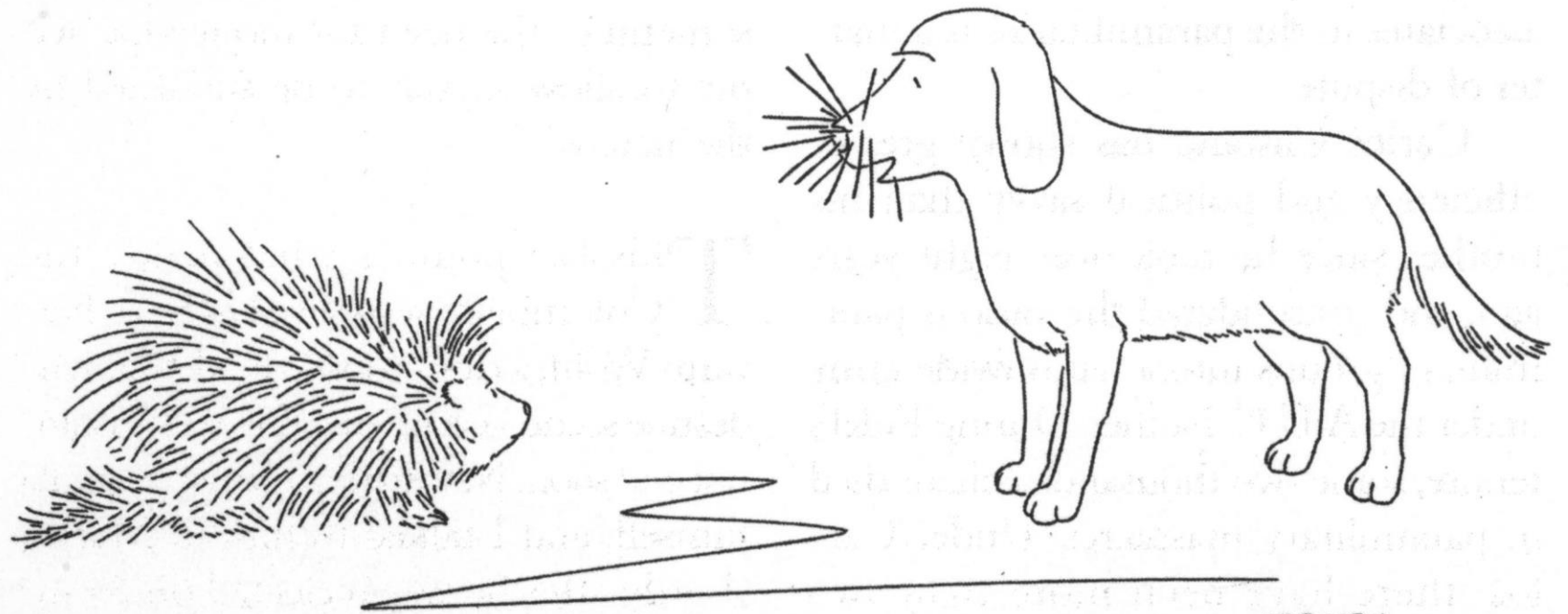
Similar Results

- Yoga compared to structured exercise
- Paced respiration compared to placebo

- Yoga and diaphragmatic breathing are effective for hot flushes

Chattha R et al. Menopause 2008;15:862-870.

Freedman and Woodward. Am J Obstet Gynecol 1992;167:436-9.



GREGORY

"On the plus side, you've cured my back pain."

Acupuncture

- Studied in menopausal women with and without breast cancer
- ↓ hot flushes, anxiety, depression
- Difficult to blind
- Control group:
 - usual care
 - superficial needling
 - telescoping needles

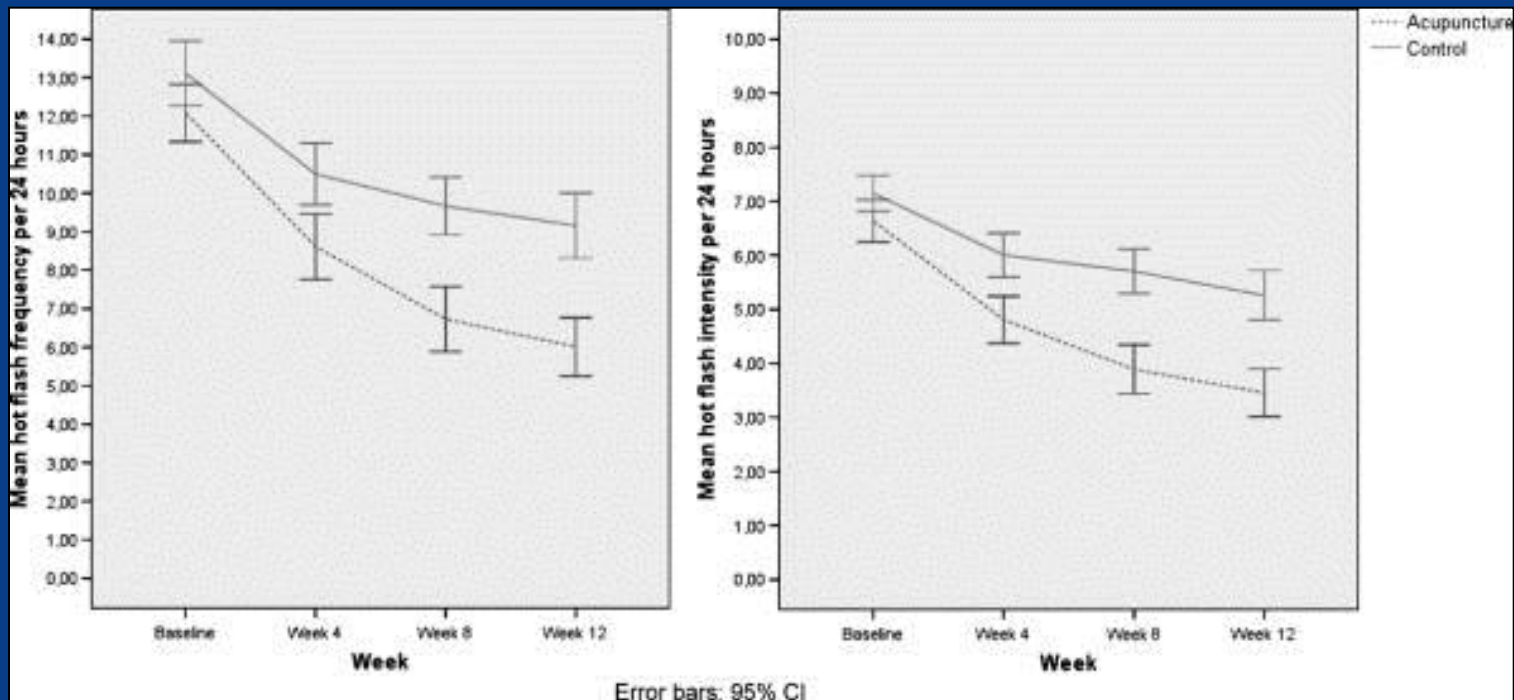


Acupuncture

- N=267, Multicenter RCT
- Acupuncture and self-care vs self-care alone
- ACUFLASH study
- Primary outcome: HF freq and intensity
- Secondary outcomes: somatic, vasomotor, sleep improved

Acupuncture versus self-care: ACUFLASH

FIG. 2 . Primary outcomes in the ACUFLASH study.



Acupuncture: true vs sham

- N=59 breast ca on tamoxifen
- True vs sham for 10 weeks
- Sham: superficial needling at non-a/p points
- ↓ HF and NS
- Improvement in Kupperman index

Hervik J et al. Breast Cancer Res Treat 2009;116:311-316

Acupuncture vs sham: HF/day

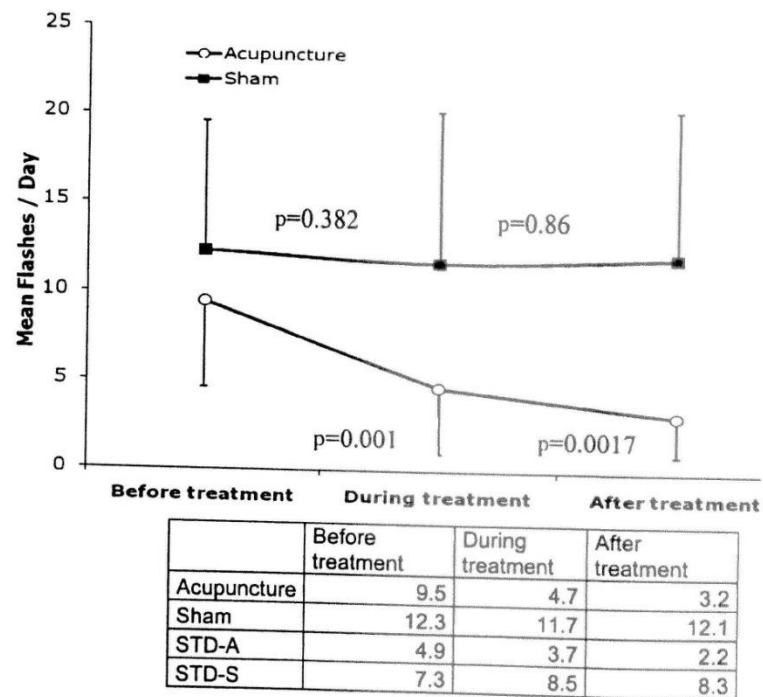
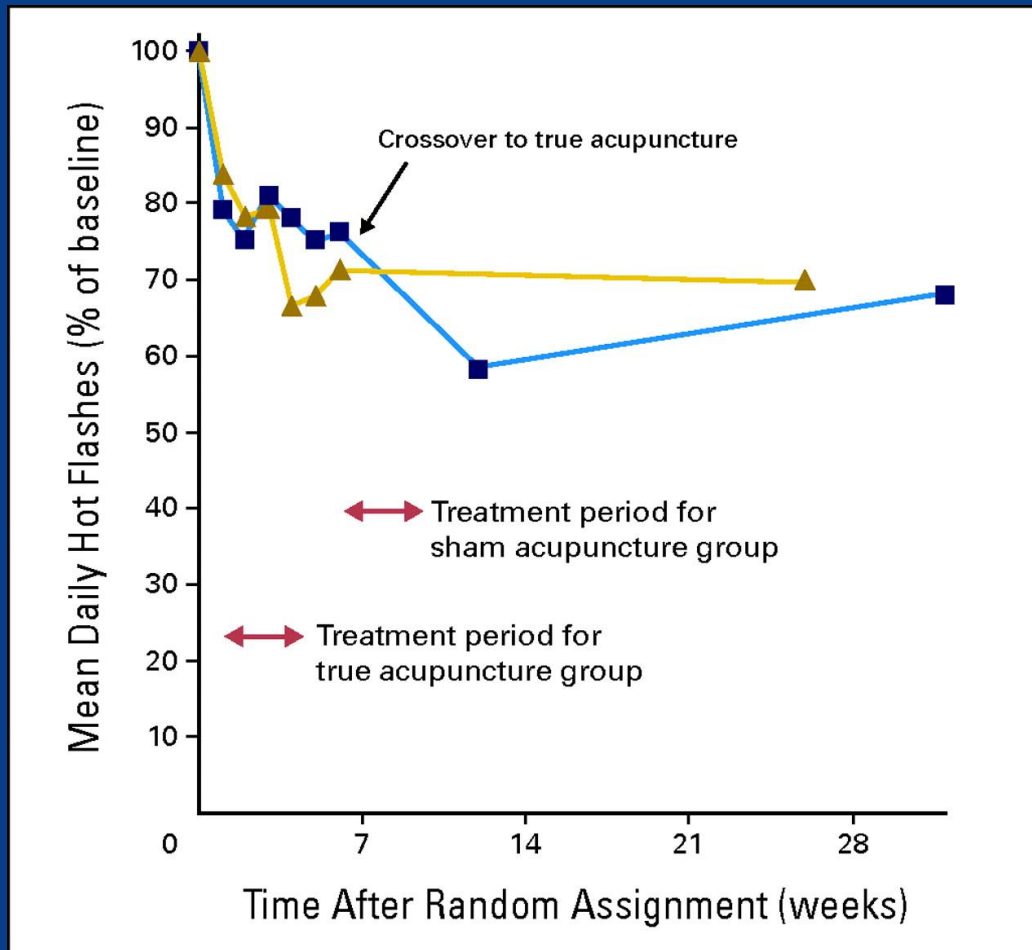


Fig. 1 Hot flashes, daytime

In contrast with

- 72 breast ca survivors
- Sham telescoping needles vs true ap
- Sham group crossed over to true at 7 weeks
- Similar acupuncture points
- Not statistically significant differences between groups, but...

True vs sham acupuncture



Similar findings

- Comparing acupuncture to venlafaxine
 - Equally effective but results last longer with ap
- Comparing acupuncture to relaxation
 - Equally effective

Nedstrand et al. Climacteric 2005;8:243-50

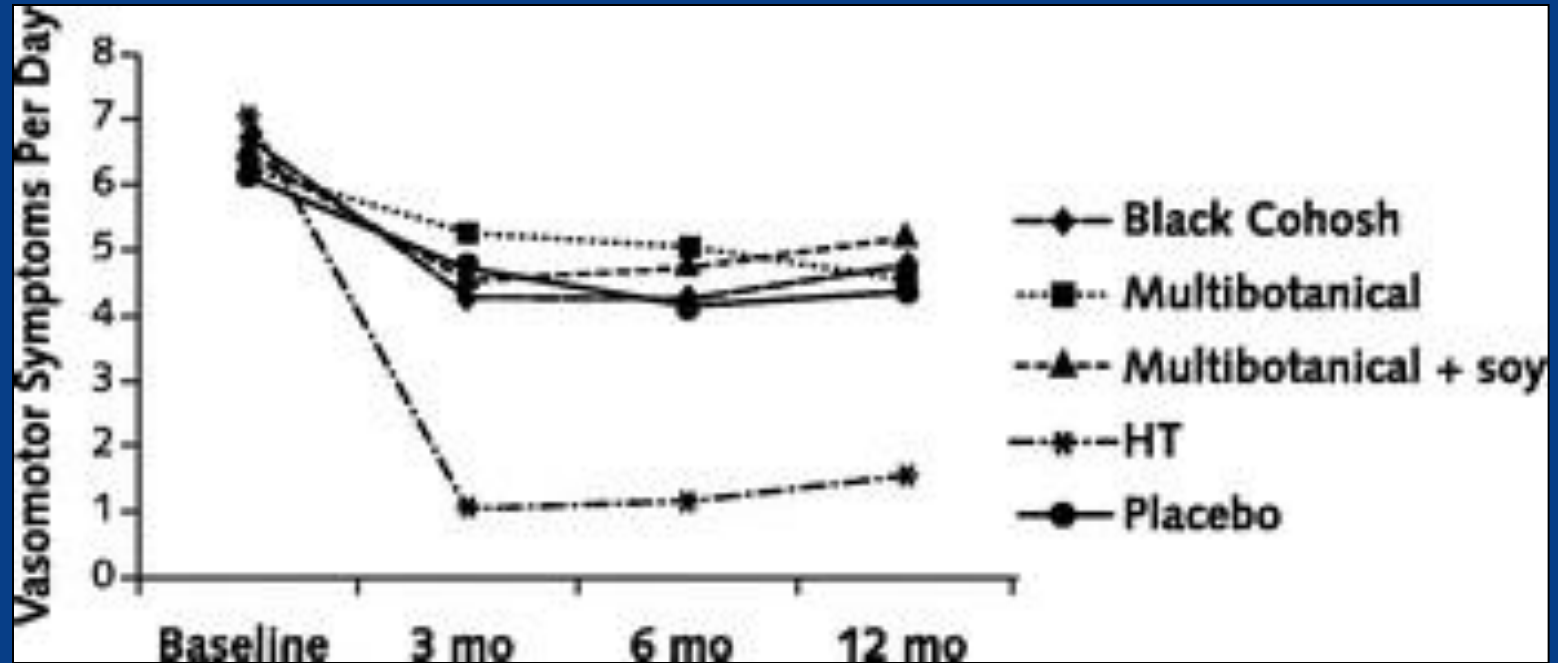
Walker EM et al. JCO 2010;28;634-640.

Botanical medicine

- **Systematic review** from 1948-2009
- Black cohosh vs placebo: no sig effect
- BI cohosh/St Johns Wort: ↓ sx vs placebo
- SJW/Vitex: no effect



HT vs botanicals vs placebo



St Johns Wort

- RCT of SJW vs placebo
- N=100, av age 50.4
- SNRIs and SSRIs are effective for HF
- ↓ in duration, frequency, and severity

Abdali K et al. Menopause 2010;17:326-331.



TABLE 2

Frequency	Baseline		4th week of intervention		8th week of intervention	
	Mean	SD	Mean	SD	Mean	SD
St John's wort	3.88	0.85	2.84	0.99	1.8	1.03
Placebo	3.88	0.76	3.37	0.69	2.65	0.81
Significance ^a	<i>P</i> = 0.526		<i>P</i> = 0.005		<i>P</i> < 0.001	

^aTukey post hoc comparison showed that the differences between the St John's wort and placebo groups were statistically significant in frequency on the 4th and 8th weeks of intervention.

TABLE 2 . Mean number of hot flashes during 24 hours

Phytoestrogens

- Clinically modest improvement in vasomotor symptoms and mood vs placebo
- Unclear role on breast stimulation
- Unlikely to stimulate endometrium

Menopause transition

- Hormonal
- Autonomic
- IM approaches in menopause:
 - Mind-body
 - Acupuncture
 - Yoga
 - ?Herbs/supplements
 - Others under investigation