MENOPAUSE...

ANDROPAUSE...

LIFE PAUSE?

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At Age 50

- Life Expectancy for men is 27.9yrs
- Life Expectancy for women is 32.1yrs

Well over one third of our life left to go

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The single risk factor that correlates most powerfully with probability of death is AGE

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Amazon global sales
February 2004
7th biggest seller:

'The Sexy Years'
by
Susanne Somers

a book on bioidentical HRT for both sexes

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Menopause Survey
2003 Journal of American Menopause society

- 16% reported no symptoms at all
- 45% did not seek healthcare
- 46% used complementary therapies
- Most common symptom was hot flushes 62%
- Average severity scores higher in women who used both therapies
**Menopausal Symptoms**

- Irregular periods
- Hot flushes
- Reduced libido
- Vaginal atrophy
- Disturbed sleep
- Depression
- Fatigue
- Osteoporosis

**Male Menopause Symptoms**

- Reduced libido
- Erectile dysfunction
- Disturbed sleep
- Depression
- IHD & atherosclerosis
- Osteoporosis
- Central obesity
- Prostate enlargement

**Life Pause**

These symptoms, when severe, will stop you ‘living your life’

Some of them pass off with time, some do not

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Main Approaches Advocated

- Nutrients and herbs
- Bioidentical Hormone replacement
- Pharmaceutical HRT

Pharmaceutical HRT

- 17β-Estradiol
- Progestagens
- Conjugated Estrogens (Premarin)

Current Concerns with HRT

- Breast cancer risk increase 20% after 4 years - 42% after 10 years

- Ovarian cancer risk increase 40 – 70%
  Bockhimer et al. 1999

- Risk increase for stroke, MI pulmonary embolism after 5 years
  Rosouyi et al. 2002

A useful approach

- Nutrients
- Homotoxicology
- Herbs
- Bioidentical HRT
- Detoxify / alkalize
- Treat hidden infection
- Stress management
- Adrenal support
- Lifestyle changes
- Exercise
- Cognitive enhancement strategies

Endocrine Disruptors

- Widespread pollutants with Endocrine Disrupting effects
- Cause health problems at very low doses
- Accumulate in the body with age
- Enormous complexity of interaction
Endocrine Disruptors

- Persist in the environment
- Bioaccumulate up the food chain
- Non-monic dose-response
- Effects additive or synergistic

Endocrine Disruptors

- Mimic hormones – strongly or weakly
- Compete for receptor binding
- Inhibit binding
- Alter synthesis of hormones
- Affect secretion of hormones
- Change binding to carrier proteins
- Alter metabolism/breakdown pathways
- Modify receptor numbers
- Affect hormone-dependent gene expression
- Inhibit DNA transcription

Endocrine Disruptors

Linked to:
- Reproductive disorders
- Immune system dysfunction
- Certain cancers
- Congenital birth defects of the penis
- Neurological effects in humans and wildlife
- Low IQ
- Falling sperm counts
- Early puberty in young girls

Endocrine Disruptor Sources

- Pesticides
- Plastics and plasticisers
- Pharmaceuticals
- Household chemical products
- Industrial chemicals
- Heavy metals
What they Disrupt

Substances/groups with well demonstrated effects on:

Thyroid function – 36
Androgen function – 15
Estrogen function - 44

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Principle of Functional Medicine

If a woman enters the menopause with:

*Chronic Yeast Syndrome*  
*Adrenal Exhaustion*

She will have a bad time

Investigations

- LH – luteinizing hormone
- FSH – follicle stimulating hormone
- Estrogen
- Progesterone
- Prolactin
- Thyroid hormones
- Bone density scanning
- Osteoporosis profile/deoxypyridinoline

Investigations

- Testosterone
- DHEA
Heel Menopause Protocol

- Ovarium Comp 2-3/wk for 2-3 months then break and repeat.
- Klimakheel tabs for hot flushes 1 tds
- Gynaecheel 10 drops tds
- Nervheel 1 tds emotional disturbances
- Ypsilonheel - autonomic regulation
- Tonsilla comp for adrenal support
- Thyroides compositum for thyroid symptoms
- Testis comp for low libido etc 1-3 a week for 6 weeks

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Bioidentical Hormone Replacement

Tri-est:
- Estriol 80%
- Estrone 10%
- Estradiol 10%

- Progesterone (cream or micronized caps)

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Estrogen Carcinogenicity

- High E2:E3 ratios predict cancer - weak
Further metabolism in tissues and liver is the key:
- 16-hydroxy metabolites are ‘toxic super estrogens’
- 4-hydroxy metabolites also harmful
- 2-hydroxy metabolites are not harmful

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Protection from Estrogens

- Indole-3-carbinol increases use of the 2-hydroxy pathway for estrogen metabolism
- It should be taken with any exogeneous estrogen – even with pharmaceutical HRT

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Nutrients

- Vitamin E
- Calcium, Magnesium, Vitamin d3
- Antioxidants
- Omega-3 EFA, omega-6
- High potency B complex
- Bioflavonoids

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Herbs

- Soy Isoflavones
- Black Cohosh (Remifemin)
- Licorice Root
- Dong Kwal
- Vitex Agnus Castus

If a person does need hormones

The aim should be to minimize the risk, educate the patient, and implement the steps indicated so that they can reduce the dose and stop the hormones in a short time.

Estrogen in the Male Menopause

- Estrogen levels do not fall, and may rise
- Men may have more estrogen than women of similar age
- In youth, estrogen modulates testosterone
- High estrogen blocks testosterone receptors, inhibits existing testosterone
- Suppresses pituitary drive
- Increases SHBG production
Investigations
- Free Testosterone
- Estradiol
- SHBG
- Dihydrotosterone
- DHEA
- PSA
- Thyroid function

A useful approach
- Detoxify, alkalize
- Treat hidden infection
- Stress management
- Adrenal support
- Lifestyle changes
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Heel Protocol
- Testis Compositum 1 amp 3x/wk for 4 weeks.
- Break for 8 weeks and repeat if needed
- Ubichinon comp,
- Selenium Homaccord (memory) 10 drps x 3/day
- Sabal Homaccord (prostate) 1 tab x 3/day
- Thalamus compositum (endocrine tonic)

Natural Testosterone Support
- Physical Exercise will increase level of T
- Adequate protein keeps SHBG in check
- Soy and omega-3 oils check E2 and SGBG
- Indole-3-carbinol blocks E2, protects prostate
- Zinc enhances T production

Herbs
- Nettles – libido, prostate protection
- Chrysin – best aromatase inhibitor
- Muira Puama – tonic, libido

Natural Testosterone
- Patches
- Creams & gels
- Sublingual tablets
- All need aromatase inhibitors
- Very close surveillance of prostate is essential
Summary

- Although we are living far longer than before, we can live well.
- Many people do not suffer for the Life Pause.
- Everyone should protect themselves against endocrine disruptors.

'We are playing with the most sophisticated orchestration. We are dabbling in a symphony for which we only know the first melody line. We don't know the harmony or the syncopation and all the instrumental texturing. Sometimes when we go interfere with the melody line, thinking we know the whole orchestration, we may ruin the whole composition. We don't understand enough to know what we don't know.'

J. Blind 1999

Summary

- There are many alternatives to hormones.
- Ideally, hormones should be a last resort.
- If the correct hormones are used with individualized testing and herbal/nutrient protection, they can be safe.