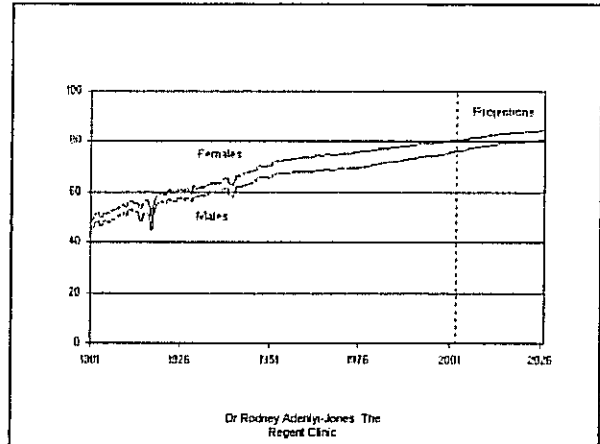


MENOPAUSE..  
ANDROPAUSE...  
LIFE PAUSE?

Dr Rodney Adeniyi-Jones

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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  
7<sup>th</sup> biggest seller:

'The Sexy Years'  
by  
Susanne Somers

*a book on bioidentical HTR 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

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## Menopausal Symptoms

- Irregular periods
- Hot flushes
- Reduced libido
- Vaginal atrophy
- Disturbed sleep
- Depression
- Fatigue
- Osteoporosis
- Irritability
- IHD & atherosclerosis
- Joint stiffness
- Dry thin skin
- Hair loss
- Impaired concentration
- Sarcopaenia

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## Male Menopause Symptoms

- Reduced libido
- Erectile dysfunction
- Disturbed sleep
- Depression
- IHD & atherosclerosis
- Osteoporosis
- Central obesity
- Prostate enlargement
- Sarcopaenia
- Irritability/depression
- Impaired concentration
- Thin skin

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## 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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## Menopausal Symptoms

- Irregular periods
- Hot flushes
- *Reduced libido*
- *Vaginal atrophy*
- Disturbed sleep
- Depression
- Fatigue
- *Osteoporosis*
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- *IHD & atherosclerosis*
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## Male Menopause Symptoms

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## Menopause Survey

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## Main Approaches Advocated

- Nutrients and herbs
- Bioidentical Hormone replacement
- Pharmaceutical HRT

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## Pharmaceutical HRT

- 17 $\beta$ -Estradiol
- Progestagens
- Conjugated Estrogens (Premarin)

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## Current Concerns with HRT

- Breast cancer risk increase 20% after 4 years - 42% after 10 years  
*Colditz et al. 1995, Smart et al. 1997*
- Ovarian cancer risk increase 40 – 70%  
*Rodriguez et al. 1996*
- Risk increase for stroke, MI pulmonary embolism after 5 years  
*Rossouw et al. 2002*

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## A useful approach

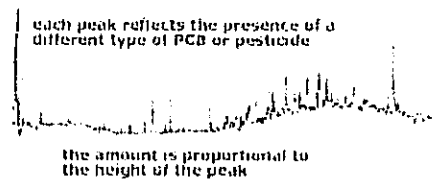
- Nutrients
- Homotoxicology
- Herbs
- Bioidentical HRT
- *Detoxify / alkalyze*
- Treat hidden infection
- Stress management
- Adrenal support
- Lifestyle changes
- Exercise
- Cognitive enhancement strategies

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## 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

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Urine Chromatography in 1 yr old babies. Upper Breast fed. Lower is bottle fed *Bush et al. 1990*

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## Endocrine Disruptors

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

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## 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

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## 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

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## Endocrine Disruptor Sources

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

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Endocrine Disruptors (EDs) are chemicals that interfere with the normal function of the endocrine system. They can be found in many everyday products, including pesticides, plastics, and pharmaceuticals. EDs can cause a variety of health problems, including reproductive disorders, immune system dysfunction, and certain cancers. They can also affect the development of the fetus and the behavior of wildlife. The endocrine system is a complex network of glands and hormones that regulate many of the body's functions. Disrupting this system can have serious consequences for health and the environment.

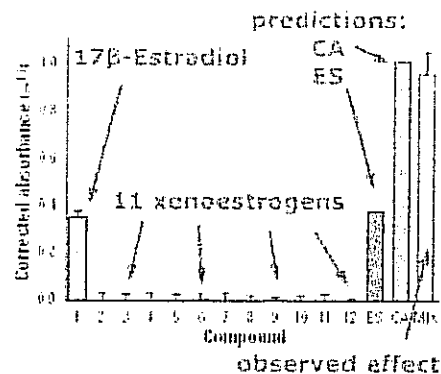
Endocrine Disruptors

## What they Disrupt

Substances/groups with well demonstrated effects on:

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

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Bajajaski et al. 2002 Dr Rodney Adeniyi-Jones The Regent Clinic

## A useful approach

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

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## Principle of Functional Medicine

If a woman enters the menopause with:

*Chronic Yeast Syndrome*

OR

*Adrenal Exhaustion*

She will have a bad time

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## Investigations

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

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## Investigations

- Testosterone
- DHEA

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## Investigations

- Free Testosterone
- Estradiol
- SHBG
- Dihydrotestosterone
- DHEA
- PSA
- Thyroid function

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## A useful approach

- Nutrients
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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) 10drps x 3/day
- **Sabal Homaccord** (prostate) 1 tab x 3/day
- **Thalamus compositum** (endocrine tonic)

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## 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

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## Herbs

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

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## Natural Testosterone

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

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## Summary

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

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## 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

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'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 Bland 1998

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