



MENOPAUSE PROFILE

Over the age of 60, 30% of women will have osteoporosis and half the population over 70 are affected. British women over 45 suffer approximately 200,000 fractures annually.

Breast cancer will strike more than 200,000 women this year and claim more than 40,000 lives in 2002 (American Cancer Society, Breast Cancer Facts, 2002).

Menopause is the point at which a woman stops ovulating and menstruation ceases, indicating the end of fertility. It is important to remember that menopause is not a disease; it is a natural progression in life. However, many women experience significant discomfort both during and after the menopause as the changing hormones start to establish a new balance.

These hormonal changes also increase the risk of other health concerns such as osteoporosis, cardiovascular disease, breast and vaginal cancer. Osteoporosis, in particular, is a major problem. The menopause profile consists of three tests: 1 day progesterone/oestrogen, osteoporosis risk assessment and the Estronex test.

ESTRONEX

The Estronex 2/16 test is a measurement of two important forms of oestrogen: 2-OHE1 (the 'good' oestrogen) and 16- α OHE1 (the 'bad' oestrogen). The ratio of 'good to bad' oestrogen, is determined from a single urine specimen. Studies have shown that measuring the ratio of these two forms of oestrogen provides an important indication of risk for future development of oestrogen-sensitive cancers. High levels of certain forms of oestrogen can increase the risk of breast cancer. The studies also show that this risk can be modified! Low Estronex 2/16 ratios also indicate increased long-term risk for other oestrogen-sensitive cancers including uterine, ovarian, cervical and even head and neck cancers.

Risk factors associated with the development of oestrogen-sensitive cancers (including breast, cervical, head and neck cancers)

- Prolonged use of the oral contraceptive
- Synthetic hormone replacement therapy (HRT)
- Family history of breast cancer
- Obesity or sedentary lifestyle
- Consumption of 2 or more alcoholic beverages a day
- Diet high in animal fat
- Diet low in fibre and essential fats
- Early onset menarche
- Late onset of menopause

OSTEOPOROSIS RISK ASSESSMENT

Osteoporosis is called the 'silent disease' because you cannot see or feel your bones losing density. Osteoporosis is a condition characterised by a degenerative thinning of bones, which leads to chest, pains and fractures. Sufferers frequently describe a dull uncomfortable, achy feeling, which is not necessarily localised to any one area, or chronic back pain with muscle spasms along one or both sides of the spine. These pains worsen with sitting and standing, and are relieved by lying down.

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Risk factors associated with osteoporosis

- Race: Caucasians of northern European descent with fair, thin skin are classic examples of high-risk women. There is also a high incidence among Asian women
- Menopause: The earlier menopause occurs, the more likely a woman is to develop the disease
- Women who smoke reach menopause an average of five years earlier than non smokers, and bone loss after menopause occurs 50% faster amongst smokers
- Diet: Thin women are more prone to the disease. Anorexic women, regardless of age, frequently suffer from severe bone loss, and a prolonged low calorie diet will have the same effect. Alcohol in both men and women has been shown to increase bone loss

1 DAY PROGESTERONE / OESTROGEN

Hormonal function in women is controlled by the pituitary gland, which induces hormonal changes each month and then later during the menopause. Although menopause is a normal part of a women's maturation, many individuals experience discomfort due to a decrease in the levels of oestrogen and progesterone.

Symptoms associated with imbalanced progesterone / oestrogen

- Osteoporosis
- Cancer
- Post menopausal symptoms including vaginal dryness, night sweats and hot flashes
- Bladder infections
- Memory problems, confusion
- Depression, anxiety
- Loss of sexual desire
- Fibrocystic breast disease
- Fluid retention and bloating
- Ovarian cysts
- Weight gain, development of cellulite
- Loss of frontal and crown head hair
- Headaches
- Dizziness
- Insomnia
- Loss of energy and enthusiasm

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner, or call us today on 020 8336 7750