WOMEN’S HEALTH - URINARY AND SEXUAL HEALTH AFTER CANCER

Ryan Street, MD
Puyallup Surgical Consultants, Urology
Summary

- Introduction
- Defining menopause
- What happens after menopause?
  - General health
  - Urinary and sexual health
- What can be done to help my symptoms?
RYAN STREET, MD

- Oregon, Philadelphia, Oklahoma
- Live in Tacoma
- Work in Puyallup
- All aspects of Urology
- Love the Northwest and all of its amenities
WHAT IS MENOPAUSE?

- Permanent cessation of menstruation at the end of reproductive life
  - Decline/loss of hormone activity
- Physiologic - average age is 51
- Surgical – removal of ovaries
- Treatment of breast cancer (Tamoxifen)
WHAT HAPPENS AFTER MENOPAUSE?

- Lack of estrogen and progesterone
- ↑ Cholesterol
- ↓ Bone mass
- Sluggish digestive system = constipation
- Hair loss
- Hot flashes/night sweats
- Fatigue, insomnia, irritability
Urinary and Sexual Health

- Decrease in vaginal secretions
  - Dryness
  - Itching
  - Painful sexual intercourse
- Loss of vaginal wall support
- Increased urethral laxity/loss of support
  - Urgency, frequency, incontinence
- Loss of “good” bacteria
  - Increased UTIs
WHAT CAN I DO?

- Balanced diet
  - Calcium and vitamin D
- Exercise
- Digestive health
- Hormone replacement
- Mona Lisa Touch
Hormone Replacement

- Estrogen alone – surgically absent uterus
- Estrogen and progesterone
- Topical estrogen
  - Estrace
  - No systemic side effects
SIDE EFFECTS TO HORMONE REPLACEMENT

- Endometrial cancer
- Breast cancer
- Blood clots
  - No for smokers
- Cholecystitis
- Risk of heart attack
- Cost of medication
- Difficulty applying
WHAT TO DO?

- Replacing what is lost may not be feasible long-term
- Contraindications to hormone replacement for many patients
- Average number of prescriptions for ages 50-74 is 13!
- Pure symptomatic relief does exist
MONA LISA TOUCH

- What is it?
  - Office-based CO₂ laser

- What does it do?
  - Mild thermal damage to vaginal/peri-urethral tissue
  - Healing process creates healthy tissue

- How long does it take?
  - 3-5 minutes in three treatments
  - Yearly maintenance treatment

- No hormones!
Monalisa Touch™ Results:
Vaginal Atrophy

Percentage of symptoms reduction after 3 MonaLisa Touch sessions
Courtesy of S. Salvatore, M.D. – IRCCS San Raffaele Hospital. Milan, Italy

Image Source: http://www.dekalaser.com/
WHAT CAN I EXPECT?

- All treatments should:
  - Decrease urgency/frequency
  - Decrease urinary leakage
  - Decrease vaginal dryness/itching
  - Decrease painful sexual intercourse

- The treatment of choice should be one with the least amount of side effects for YOU
THANK YOU!

RYAN STREET, MD

WWW.PUYALLUPSURGEONS.COM
(253)-840-4994