



WOMEN'S HEALTH - URINARY AND SEXUAL HEALTH AFTER CANCER

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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



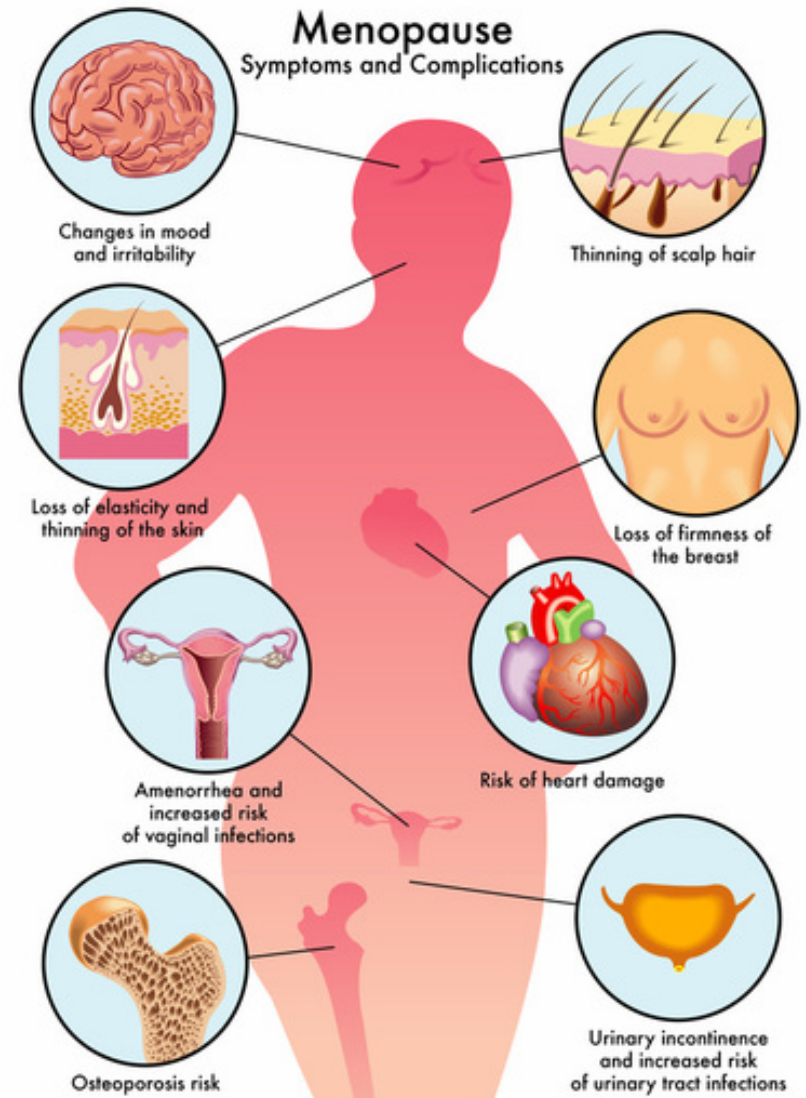
WHAT IS MENOPAUSE?

- 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?

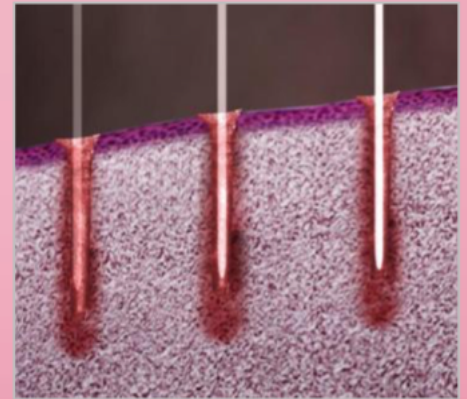
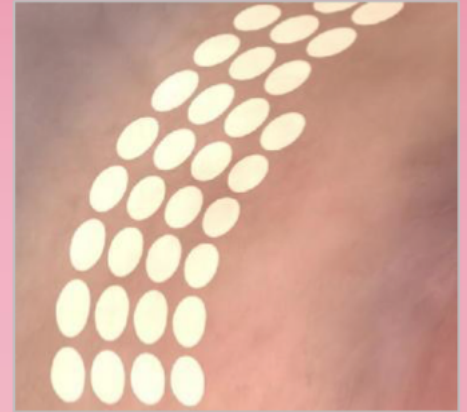
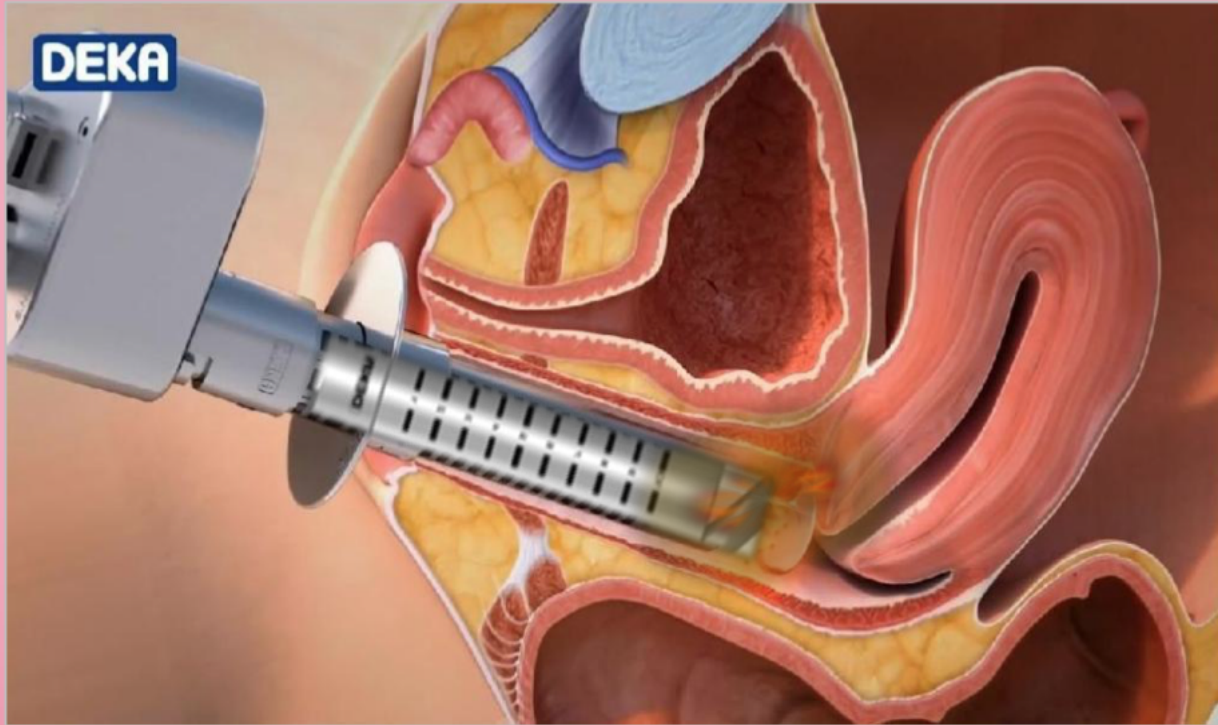
- Replacing what is lost may not be feasible long-term
- Contraindications to hormone replacement for many patients
- Average number of prescriptions for ages 50-74 is 13!
- Pure symptomatic relief does exist



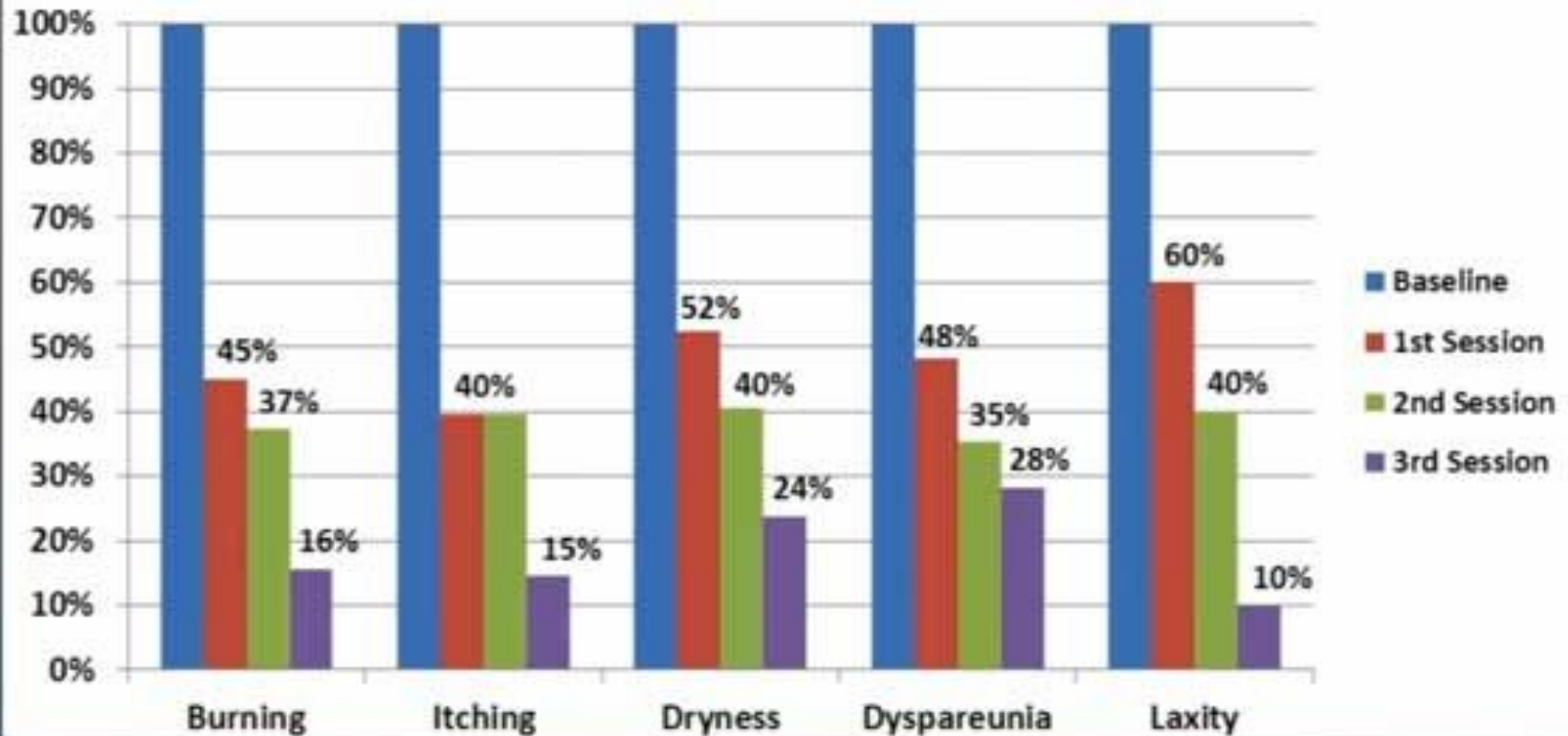
MONA LISA TOUCH

- 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



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(253)-840-4994

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- Tavani A, La Vecchia C. The Adverse effects of hormone replacement therapy. *Drugs Aging*. May 1999. 14(5):347-57.
- Salvatore S, et al. Sexual function after fractional microablative CO2 laser in women with vulvovaginal atrophy. *Climacteric*. 2015 Apr. 18(2): 219-25.

