



Slovenian Menopause Society Member Country Session

Date: Wednesday 29 September 2010

Time: 07.30am – 08.30am

Session Chair: To be announced

Session Topics:

A. Lukanovič, K. Miličević

New perspectives of urinary incontinence treatment in postmenopause

D. Franič, H. Meden-Vrtovec, I. Verdenik

HRT in Slovenia in the last 2 decade (1990-2010)

T. Kocjan

Does HRT still have a role in the treatment of postmenopausal osteoporosis?

H. Meden -Vrtovec, L. Vrabič-Dežman

Sexual activity in Slovene postmenopausal women.

ABSTRACTS

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Extracorporeal magnetic innervation (ExMi) provides a useful alternative to the treatment of pelvic floor dysfunctions. The method is non-invasive, well-tolerated and does not demand active participation of the patient. The treatment protocol includes the application of ExMi twice a week for 20 minutes. It can be offered to the selected group of patients as first-line therapy or to the patients who are refractory to medical therapy, poor surgical candidates, or unable to use electrical stimulation devices. Most important is the fact that patients achieve a significant improvement in quality of life after six weeks of therapy. In Slovenia, we are conducting a study designed to evaluate the efficacy of ExMi treatment of the pelvic floor in a group of female patients in whom surgical and medical treatments as well as physiotherapy had been ineffective. The patients' age ranges between 20 to 90 years. The treatment is being applied in patients who had undergone a surgery, have urge, mixed or stress urinary incontinence, and in those that suffer from chronic lower abdominal pain after gynecological operations. The preliminary results of the ExMi treatment of pelvic floor dysfunctions are promising showing high cure rates of urinary incontinence. It has to be stressed that the cost-benefit of ExMi treatment is acceptable for the patient and the health insurance.

Hormone replacement therapy (HRT) in Slovenia in the last two decades (1990-2010)

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Background. HRT is the most effective therapy for alleviating climacteric symptoms in peri- and postmenopausal women worldwide. The HRT use was changed among Slovenian women, according to their knowledge concerning that issue as well as to the impact of the randomized clinical trials (RCT) in the press.

The Slovenian Menopause Society has been following the attitudes and the behaviour of Slovenian menopausal women since 1990. Every ten years a comprehensive and validated questionnaire is distributed among Slovenian women to analyze the data and register the changes that have occurred within a decade. Since the independence of Slovenia in the early nineties, the improved standard has influenced the socio-economic well-being in the country. Thus, in 1990 the age at menopause was 49 years, and in 2000 it was 52 years. We noted that the incidence and the prevalence of HRT use were constantly increasing from 1990 to 2002, after which they decreased significantly as the consequence of the WHI study.

Conclusion. The progress in societies of the EU has had an impact on the behaviour and attitudes of Slovenian menopausal women as well. The impact of menopausal medicine was extremely strong in the 1990s, and also in the early 2000s leading to increased HRT use. Unfortunately, the results of RCT published both in the medical and the lay press changed the women's attitudes towards HRT reflected in declined HRT use and the negative attitude to any type of pharmacological treatment of climacteric symptoms.

Does HRT still have a role in the treatment of postmenopausal osteoporosis?

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Background: Osteoporosis affects almost every other woman after menopause. Fractures due to osteoporosis are a significant cause of disability and death, therefore we try to prevent them with antiosteoporotic medications.

Hormone replacement therapy (HRT) had been a mainstay of osteoporosis prevention and treatment for a long time, although only with the publication of the breakthrough Women's Health Initiative study in 2002 we got consistent data about beneficial effects of HRT on bone mass and fracture prevention. Paradoxically, the same study provided also data on harmful cardiovascular effects of HRT and considerably limited its use in the field. However, more recent data showed that HRT is safe for younger women immediately after menopause, so it could be easily prescribed for vasomotor symptoms relief. At the same time, HRT is beneficial for bones, as well. On the other hand, HRT is mainly not suitable for older women and long-term treatment.

Conclusions: As older women are those who sustain the majority of osteoporotic fractures, HRT is leaving its main role in osteoporosis treatment to other drugs, first of all to bisphosphonates and strontium ranelate.

Sex life in perimenopausal women in Slovenia

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Aims: To obtain information about sexuality in perimenopausal women in Slovenia, we performed a survey in 2009 among perimenopausal women attending outpatient clinics across Slovenia. **Methods:** The self-administered questionnaire was filled-in by 557 women aged 45 to 60 years. The questionnaire provided the information on the women's quality of sex life by assessing the frequency of sexual intercourse, lack of sexual desire, use of lubricants, satisfaction with sex life, and changes in sex life. This analysis involved 377 women aged 45-55 years, which permitted the comparison between younger women (age 45-50 years; n = 167) and older women (age 51-55 years; n = 210), two age groups closest to menopause. **Results:** Sexual intercourse at least once a month was reported by 73% of younger and 61% of older women, and less than once a month by 10% and 20%, respectively. The difference between the groups was statistically significant ($P = 0.038$). The lack of sexual desire was reported by 25% of younger, and 35% of older women ($P = 0.034$). Lubricants were used by 8% of younger, and 11% of older women. In both groups sex life was considered satisfactory by 79% of responders. The changes in sex life with age were registered in 55% of younger and in 54% of older women. **Conclusion:** Several factors have been associated with the quality of sex life, aging being one of the most important ones.