



Taiwanese Menopause Society Member Country Session

Date: Wednesday 29 September 2010

Time: 07.30am 08.30am

Session Chair: To be announced

Session Topics:

Prof. Eing-Mei Tsai

Estrogen therapy and effect on urogenital tract.

Prof. Yung-Kuei Soong

The Taiwan algorithm for osteoporosis and bone fracture prevention.

Prof. Ko-En Huang

Recent menopause related research works at Chang Gung Memorial Hospital-Kaohsiung Medical Center in Taiwan.

Prof. Lian-Shung Yeh

Postmenopausal women's healthcare in Taiwan.

ABSTRACTS

Estrogen Therapy for Urogenital Symptom in Taiwanese Women

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The women health initiative (WHI) report provokes significant change in hormone therapy universally. The concept of hormone therapy has shifted to symptom oriented and individualized. The effect of estrogen therapy (ET) in the management of urogenital atrophy is dramatic and well established. For the consideration of systemic risk of hormone therapy, vaginal local use of hormone becomes a new direction. We would like to share our research data (including the clinical use and basic study) of estrogen therapy in the treatment of urovaginal symptom.

In comparison study of oral versus topical estrogen therapy on the urogenital symptom, we found oral estrogen alone in hysterectomized postmenopausal women increases the vaginal blood flow and improves some domains of sexual function, but it may not have an impact on diminished sexual desire or activity. Compared with systemic therapy, topical vaginal preparations were found to correlate with better symptom relief despite the lower serum level of estradiol. We also compared the effects on the lower urinary tract in the study. Introital color Doppler ultrasonographies, and personal interviews with the Bristol Female Lower Urinary Tract Symptoms Questionnaires before and 3 months after ET. A higher serum level of E2 was noted in the oral group compared with the topical group after ET. The post-ET pulsatility index of periurethral vessels and bladder neck revealed statistically significant decreases in both groups. The incidences of urinary frequency and nocturia were significantly decreased after 3 months of ET in both groups. Changes in the incidence of other symptoms, including stress incontinence and urge incontinence, were not statistically significant. However, subjective improvement of stress incontinence was found in 72.7% of the oral group and 60% of the topical group. The results suggest that ET alone, by an oral or vaginal route, could increase the blood flow around the bladder neck and mid-urethra and relieve the symptoms of overactive bladder and stress incontinence in postmenopausal women with prior hysterectomy. In addition, vaginal preparations are as effective as systemic therapy at the lower serum level of E2.

By the way, in a rare case, estrogen cream can be used in an attempt to minimize the adverse reaction and speed the healing process after injury of vaginal mucosa.

In the basic investigation, oophorectomy following birth trauma may synergistically impact the expression of M2 receptors, nNOS and M3 receptors. However, to perform oophorectomy in a virgin rat appears to have little effect on the gene expression of detrusor muscarinic receptors and urethral nNOS despite the menopausal events that occurred.

Taken together, estrogen has effect on urogenital symptoms in the clinical use, and from the view point of bench work, the effect of estrogen may be mediated through the muscarinic receptors and nNOS.

Update Management of Osteoporosis in Taiwan

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Osteoporosis prevalence in Taiwan, estimated hip fracture is about 312 per 10,000 women over 50 years old between 1996~2000. Vertebral fracture about 18.5% in elderly female, in 1995. The GAP survey study in Taiwan, indicated the hip fracture patients received a diagnosis of osteoporosis is high (59.5%). While the proportion being treated with prescription therapy is low (34.3%). The patients about 73% didn't receive DEXA examination. There is an urgent need to improve disease education, for patients and improve disease education for patients and to improve medical management of osteoporosis by physicians. It is a need to improve the hormone therapy during window of opportunity after menopause. A study for compliance and persistence with bisphosphonate therapy reported that near half of the patients were noncompliant with therapy (MPR < 80%) at as early as 3 month and only near 30% of the patients are adherent at 1 year. The rise of refracture is associated with the compliance. The compliance issue for osteoporosis treatment should be paid much more attention. The insurance is very important for continuous treatment.

Low dose hormone therapy was proved effective in prevention and treatment of osteoporosis in Taiwan. For patient education a mobile DXA program is on going, in which BMD screening program resulted is high percentage 78% osteopenia and 35% osteoporosis. The new guidelines for the prevention and treatment of osteoporosis are revised in 2010. WHO fracture risk assessment tool is set up for a new clinical tool for informed treatment decisions.

Recent menopause related research works at Chang Gung Memorial
Hospital-Kaohsiung Medical Center in Taiwan

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The center for menopause and reproductive medicine research at Chang Gung Memorial Hospital-Kaohsiung Medical Center was established in 1998. The main research works of the Center were (1). Drug treatment of menopausal symptoms, including the use of low dose HRT or the effects of commonly used herbs; (2).The perspectives and needs of Taiwanese menopausal women; (3). Analysis of sex hormones in the commonly used herb medicines; (4). SNPs of Taiwanese women with osteoporosis; (5). Androgen/Androgen receptor and bone. The three-year study for evaluation of low dose HRT was started in 1995 and finished in 1998 with the collaboration of ten medical centers in Taiwan. We are the first to find the efficacies of low dose HRT on menopausal symptoms and prevention of bone loss that are comparable with the standard dose of HRT. The perspectives and needs of Taiwanese menopausal women are different from those of European women. These information provide useful guidance for the practice of menopause managements. The sex hormone contents, estrogen in the herbs for menopause and androgen in herbs for andropause, were evaluated in our laboratory. The roles of androgen and/or androgen receptor (AR) were studied using ARKO mice. The results showed that both androgen and AR play an important role in the development and maintenance of bones. The preliminary results of HRT and breast cancer in Taiwanese women will be presented.