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Is there prevention for cardio vascular and cognitive diseases, for women of middle age and menopause ?

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Is there prevention for cardio vascular and cognitive diseases, for women of middle age and menopause? The behavior of the medical community on taking care of the perimenopause and menopause strongly shaken by the publication, in JAMA of Women's Health Initiative (WHI), in 2002. (1) The first reading of this huge study was with multiple implications when just scanned by some exegetes, it modified the therapeutical behavior of the gynecologist, oncologists, cardiologists and neuro psychiatrists. This U.S. study was prospective, randomized, multicentered, and recruited between 1993 and 1998, with 16,000 menopausal and non-hysterectomized women, between the ages of 50 and 79 yrs old. This cohort (recruited in 40 centers) received, in half, a treatment of oral conjugated equine estrogen (CEE) and Medroxyprogesterone (MPA), that we will call Hormone Replacement Treatment (HRT). The other half of the cohort received a placebo. The intermediate results caused the study to stop five years later, due to a significant increase of cardiac disease risks (CD) - [O.R. 2.13], strokes [O.R. 1.41], pulmonary embolism - [O.R. 2.13], and invasive breast cancer. These results were not consistent in our practice; as well as in the most observational retrospective and prospective studies, published in the E.U. The treatment is different, based on 17- β oestradiol (E2) and progesterone (P), bioidentical hormones. We call this treatment Hormonal Substitutive Treatment (HST). Menopause is a difficult moment for women. They ask how to alleviate the symptoms. In this article our goal is to come back to the basic medical practice.

Biography

Casimir Muszynski MD PhD obst-gyneco and geriatrician, has been chief of obstetrico-gynecology department Coutances (France), then finished his hospital career during 15 years in the aging people department in a proximity hospital in Normandy. At the same time he continued and continues his private activity as a gynecologist-obstetrician.

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