

Menopausal hormone therapy: An update



EMAS

European Menopause and Andropause Society

Irene Lambrinoudaki

Endocrinologist

Professor of Endocrinology, Medical School,

National and Kapodistrian University of Athens, Greece

EMAS Scientific Director

Consequences of menopause

Susan R. Davis¹, Irene Lambrinoudaki², Maryann Lumsden³, Gita D. Mishra⁴,
Lubna Pal⁵, Margaret Rees⁶, Nanette Santoro⁷ and Tommaso Simoncini⁸



Menopausal hormone therapy (MHT)

Treatment categories

- **Premature ovarian failure (women < 40 years)**
- **Perimenopause (menstrual irregularities – up to 1 year after last menstrual period)**
- **Menopause**

POI: Prevalence and causes

90% of cases

- **Idiopathic**
- **Iatrogenic (oophorectomy, chemotherapy, radiation)**
- **Chromosomal**
- **Autoimmune**
- **Post-infectious**
- **Other causes**

- **1 / 10.000 in women < 20**
- **1 / 1.000 in women < 30**
- **1 / 100 in women < 40**