

RCPOD conference audience questions for Nicky Keay: Menopause Health matters: Menopause Health considerations, including musculoskeletal matters

If you don't have any symptoms would it be advisable to start HRT? **Main indication for HRT is quality of life. I often find that when I ask woman in detail, in fact will be some symptoms which "putting up with". HRT is also helpful for long term health from bone and cardiometabolic point of view.**

How long can you take HRT once the ovaries stop? **British Menopause Society (BMS) state there is no arbitrary limit to how long to take HRT. Individual choice**

What happens when you stop taking it – do flushes start again? **Probably, which one reasons BMS advise to limit to how long take HRT.**

Does HRT trigger hormonal migraines? **Important to start very low dose. If anything, low dose HRT should help with "menopause" headaches.**

What can you take when have had breast cancer? **Other non-HRT options. Other medications and also nonpharmacological options (further datils in my book and BMS website)**

Do symptoms tend to follow those of your mother? **Interesting question. Not aware any definitive evidence. There is some evidence if you have had PMS or post-natal mood issues, you may experience more symptoms at menopause.**

Have you seen examples of menopause restarted due to Long Covid and is there any work/research being done? **Interesting question. As some symptoms chronic post viral covid overlap with menopause, difficult to distinguish. I am not aware any particular research in this area. Maybe Prof Tim Spectre's group based KCL?**

Do women with brown skin need to take more than the recommended dose of Vit D? **Potentially, yes. Ideally need check blood level to personalise dose**

What are some common skin presentations at the foot which can be linked to menopause? **Generally menopause (low oestradiol) causes dry and sometimes itchy skin, which would include skin on feet**

Why do GPs say you can only be on HRT until age 60 or for 10 years? **The British Menopause Society (BMS) state that there is not arbitrary limit to how long you can take HRT. Will depend on individual.**

What causes hot flushes? Changes in central temperature regulation centre. **Thought to be due changes in in female hormone levels (maybe due low oestradiol which has effect endothelial reactivity?)**

If a younger person such as a dancer/athlete or someone with an eating disorder who has amenorrhoea would they have menopause like symptoms? **Yes, apart from hot flushes. So fatigue, low mood and poor bone and cardiovascular health.**

If being offered HRT there often seems to be little guidance about optimal safe dosages for maximum effect. How does someone know if they are on the correct dosage for them? **Start lowest possible dose eg 0.5mg oestradiol and gradually increase dose no more quickly than 3 months to titrate to symptoms.**

Does taking collagen supplements help, if so in what form for the optimum effect? **Maybe. Fluid version (mix with water) possibly best**

Is napping beneficial or detrimental in terms of hormone health? **Ideally not, but 20 minute nap before 4pm is OK (used in athletes)**

Can you take HRT even though you have gone through menopause, especially if patient has been diagnosed with osteoporosis? **Yes, depending on how long since menopause and also if person healthy otherwise. So depends individual.**

How would you approach talking about menopause with patients during MSK consultation **I would always ask about menstrual history and current menstrual status with woman of any age. I see many masters athletes with increased injury issues where menopause is contributing factor, so I think important to explain this and offer appropriate advice.**

Nicky Keay offers virtual advisory appointments <https://nickykeayfitness.com/appointments/>

Further information can be found in her book <https://rb.gy/li4yx1>

She has another book coming out "Myths of Menopause" in time for World Menopause day October 2024

