Should HRT be offered to all (female) LUTS patients?

James Malone-Lee Christmas Lecture Series 2023

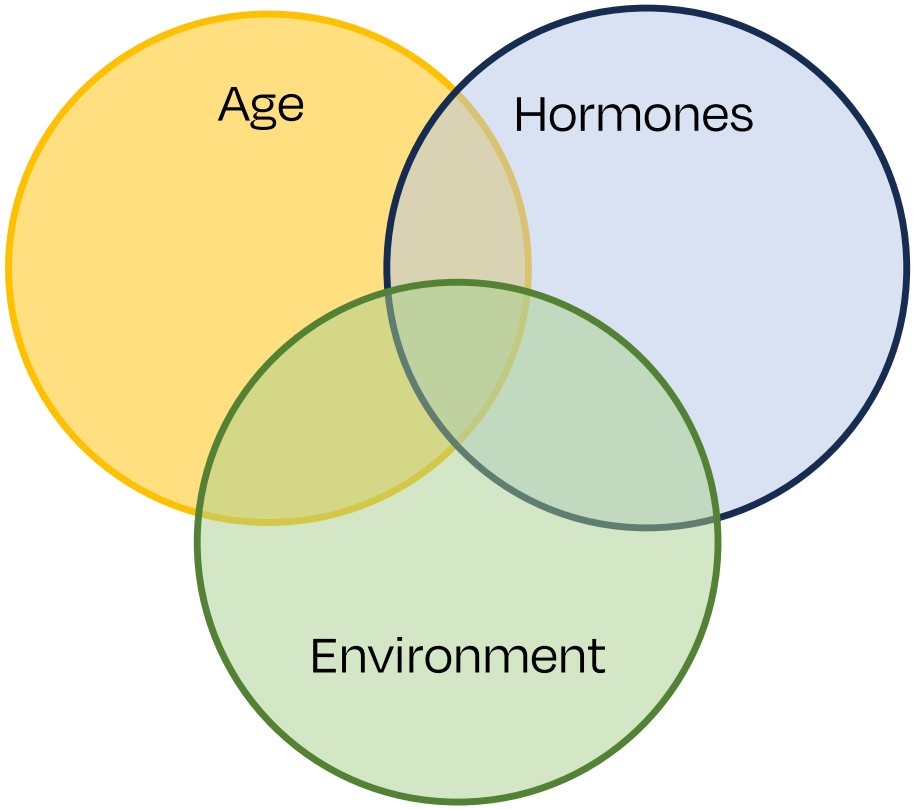
Gidon Lieberman

Consultant Gynaecologist
Sub-specialist in Reproductive Medicine & Surgery

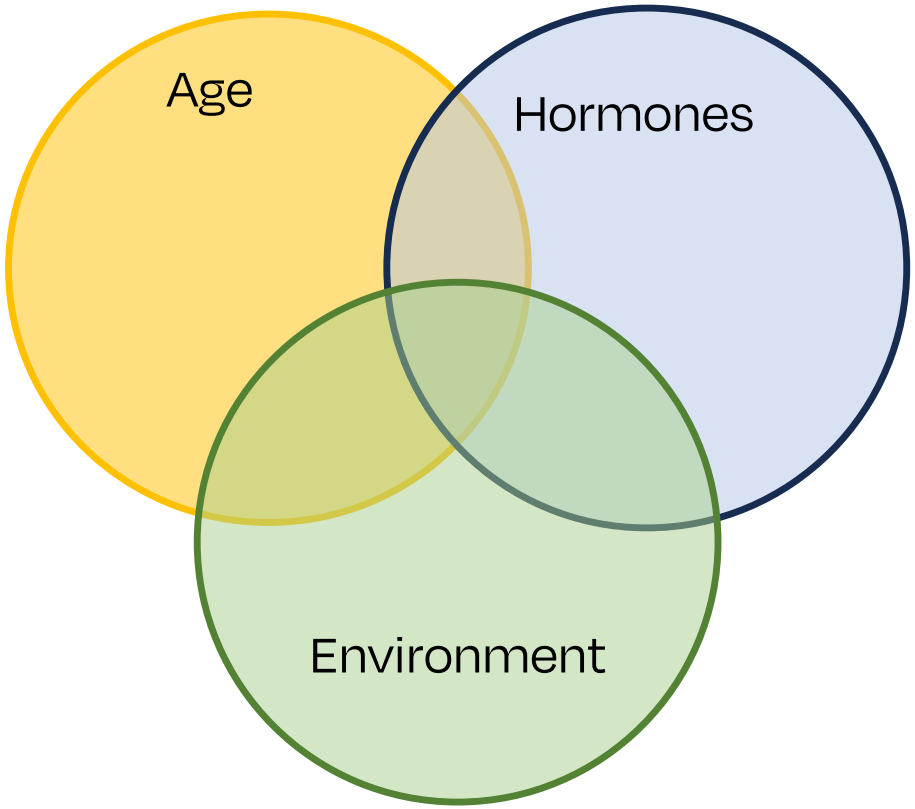
Disclosures

- Medical Director Fertifa (www.fertifa.com)
- Private practice
- No pharma

Why do menopausal symptoms happen?



We can't change time

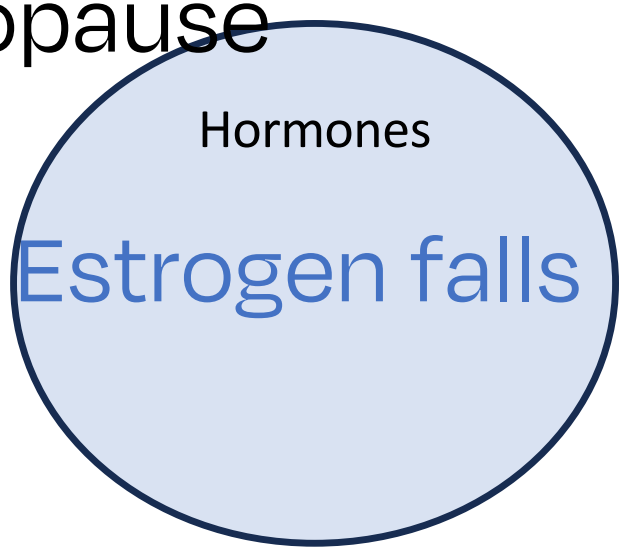




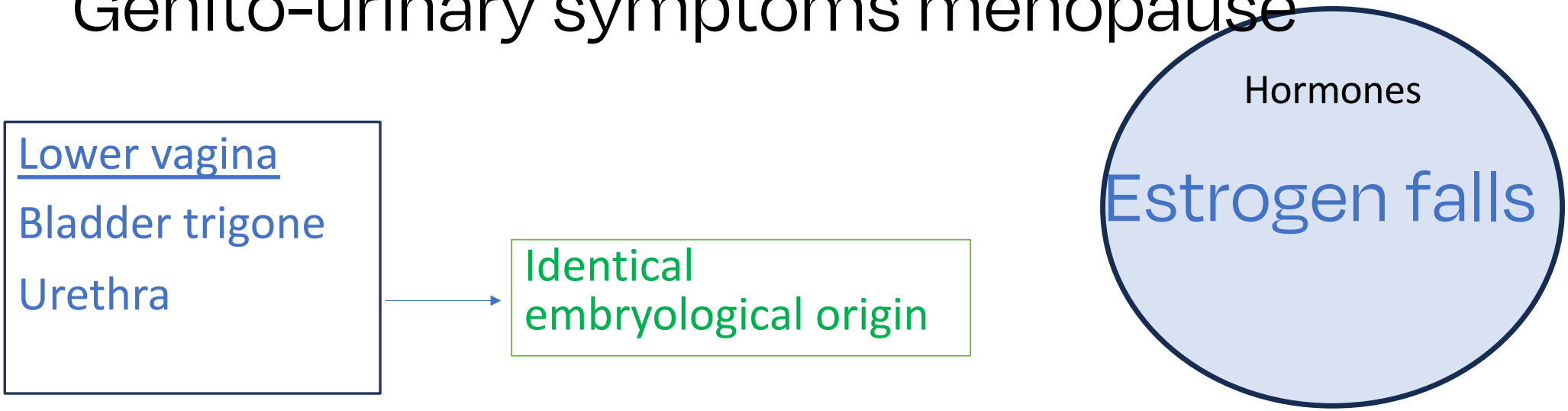
LUTS symptoms in the menopause

Genito-urinary symptoms menopause

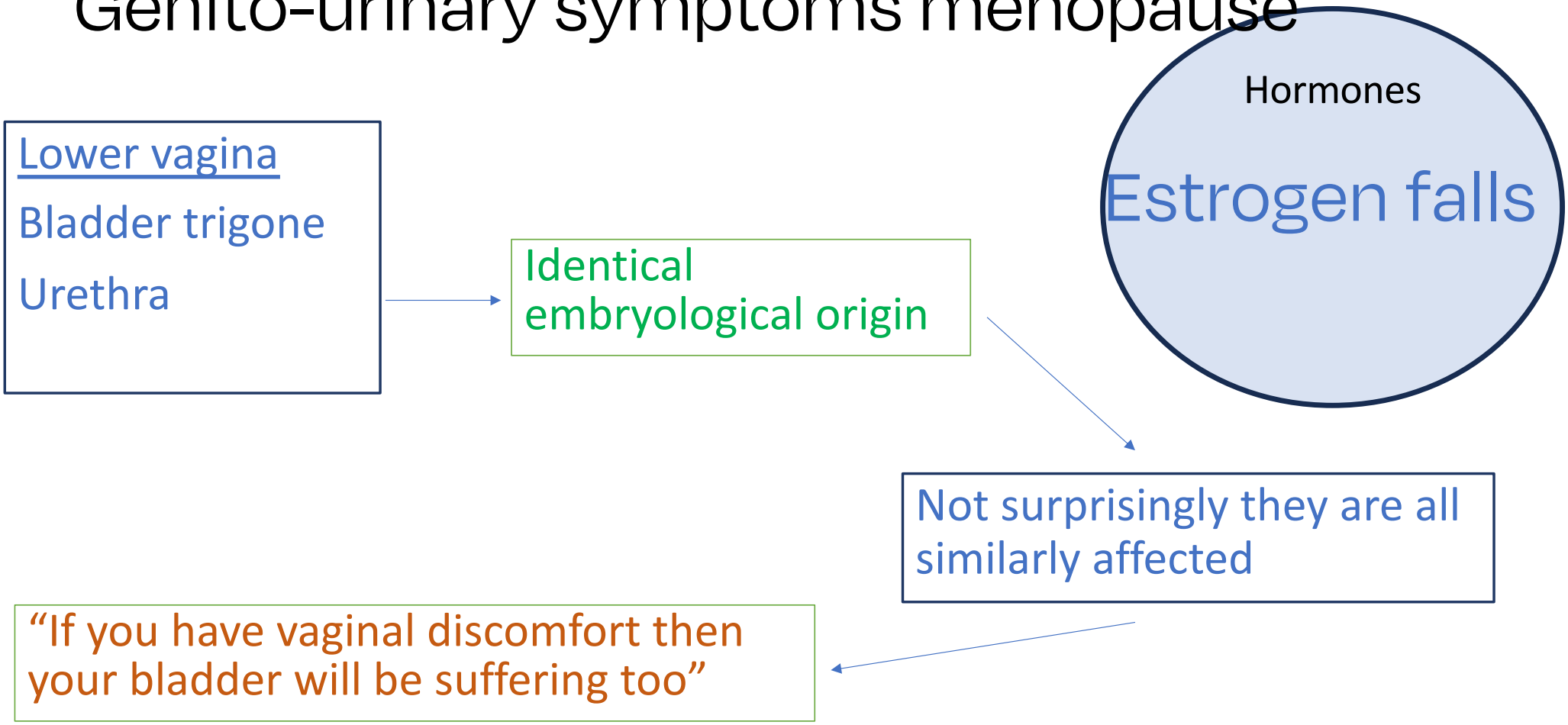
Lower vagina sensitive to estrogen



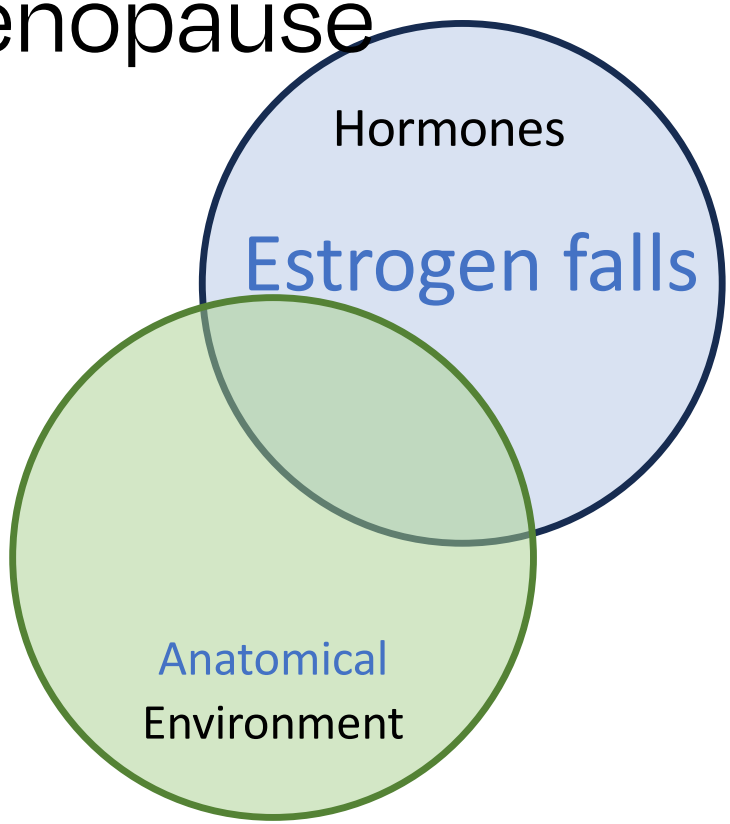
Genito-urinary symptoms menopause



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Genito-urinary symptoms menopause

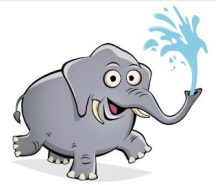


Sensory

Estrogen affects sensory closure pressure

Mechanical

Connective tissue weakness → intrinsic sphincter weakness



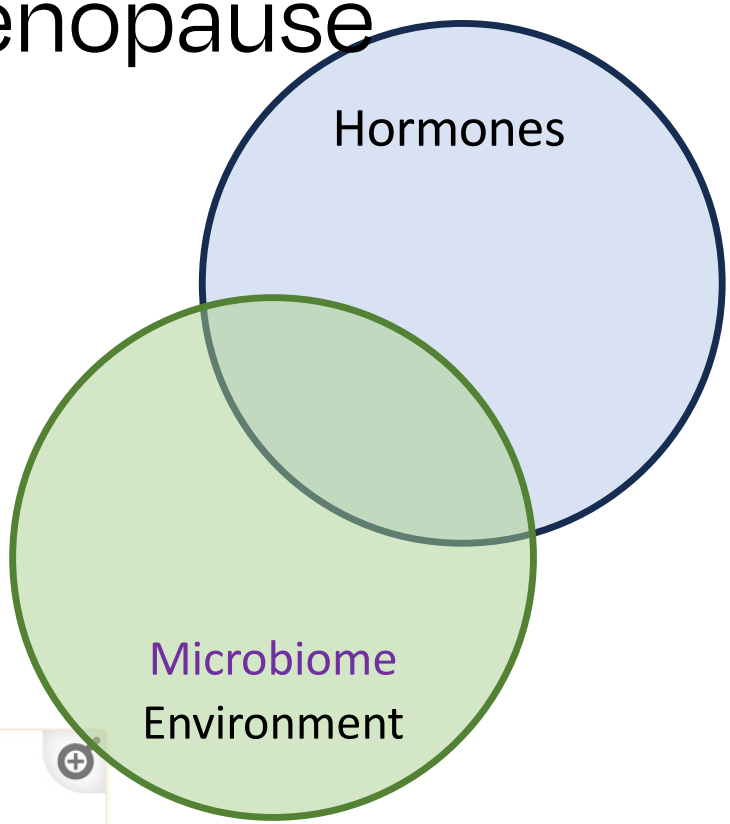
Genito-urinary symptoms menopause

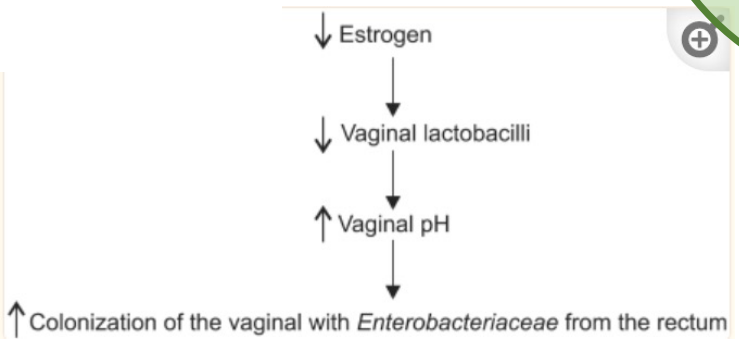
Infection

Susceptibility of the bladder mucosa to infection, and inability to remove all pathogens even with antibiotic therapy

****Inflammation***

Most inflammatory cells express estrogen receptors





Guidelines

Cochrane 2012

Cochrane Database of Systematic Reviews | Review - Intervention

New search

Oestrogen therapy for urinary incontinence in post-menopausal women

June D Cody, Madeleine Louisa Jacobs, Karen Richardson, Birgit Moehrer, Andrew Hextall Authors' declarations of interest

Version published: 17 October 2012 Version history

https://doi.org/10.1002/14651858.CD001405.pub3

Collapse all Expand all

There was some evidence that oestrogens used locally (for example vaginal creams or pessaries) may improve incontinence (RR 0.74, 95% CI 0.64 to 0.86). Overall, there were around one to two fewer voids in 24 hours amongst women treated with local oestrogen, and there was less frequency and urgency. No serious adverse events were reported although some women experienced vaginal spotting, breast tenderness or nausea.

Women who were continent and received systemic oestrogen replacement, with or without progestogens, for reasons other thar urinary incontinence were more likely to report the development of new urinary incontinence in one large study.



American Urological Association

Updates to Recurrent Uncomplicated Urinary Tract Infections in Women: AUA/CUA/SUFU Guideline

did not report AEs. As such, the Panel continues to support the recommendation of vaginal estrogen therapy to reduce the risk of future UTIs in peri- and post-menopausal women.

NICE guidelines (draft 2023)

Women, trans men, and non-binary people registered female at birth with no history of breast cancer

1.4.19 Offer a choice of vaginal oestrogen preparations (oestrogen cream, gel, tablet, pessary or ring) to people with troublesome genitourinary menopause symptoms (including those on systemic HRT) and continue treatment for as long as needed to relieve symptoms. **[2023]**



Vaginal options

















I am worried about systemic HRT…..

Breast Cancer
Heart disease

Thrombo-embolism

Weight

Migraine

Too young

Not all the symptoms

Not available on the NHS

I am worried about systemic HRT…..

Breast Cancer
Heart disease

Thrombo-embolism

Weight

Migraine

Too young

Not all the symptoms

Not available on the NHS

Systemic HRT is safe for most women, when given in the lowest dosage for the shortest amount of time….and the benefits are not just for GSM…..

Systemic HRT benefits

Hot flushes	Night sweats	Depression
Anxiety	Brain fog	Insomnia
Joint aches	Palpitations	Libido
Dry eyes	Muscle pains	(GSM)

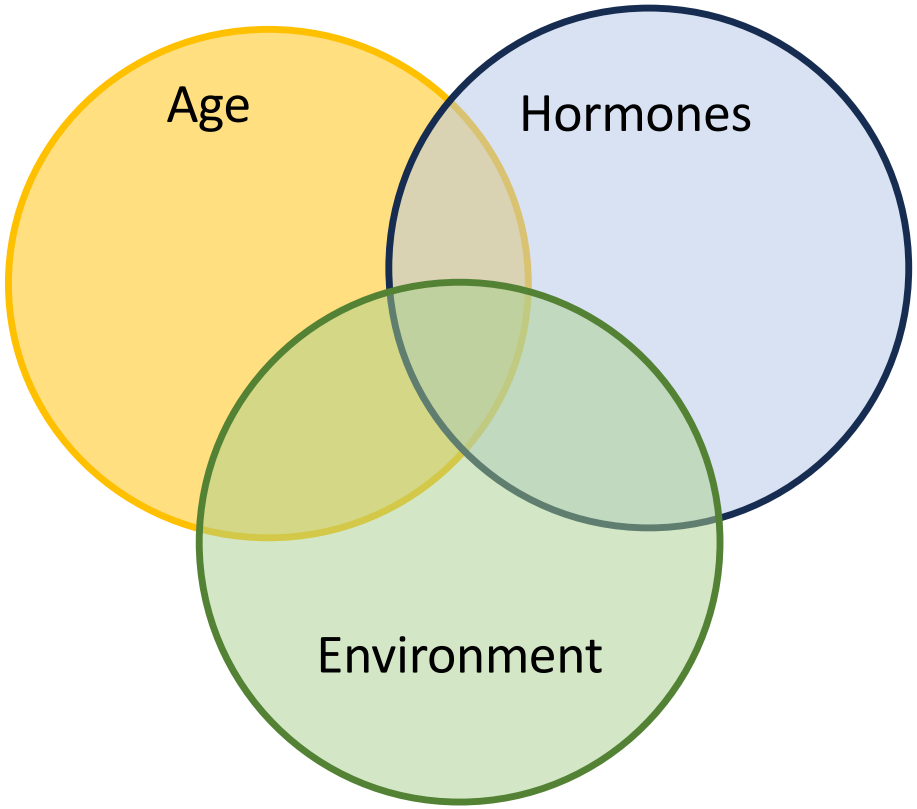
Osteoporosis protection

Cardiovascular protection

Introduced on 1 April 2023 by the Department of Health and Social Care, the HRT PPC covers an unlimited number of listed HRT medicines for 12 months, for the cost of two single prescription charges, currently £19.30. 1 Apr 2023

We can affect a change

Vaginal / Systemic HRT



Anatomy and microbiome

Conclusion

- Hormones, age and environment
- All peri/post menopausal women should be offered HRT
- Definitely local
- Probably systemic

Thank you

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Lower urinary tract symptoms (LUTS) are a common complaint among aging men. These symptoms are often caused by benign prostatic hyperplasia (BPH), and include nocturia, urinary frequency, urgency, decreased urine flow rates, incomplete bladder emptying, and hesitancy.

LUTS in general were **more common in women** than in men (66.6% versus 62.5%).

The Canadian Journal of Urology
https://www.canjurol.com › html › free-articles

Gender differences in overactive bladder

About featured snippets • Feedback

Lower urinary tract symptoms (LUTS) encompass storage, voiding and post-micturition symptoms [1]. Storage symptoms include frequency, urgency, nocturia and urinary incontinence (UI) (stress UI [SUI], urgency UI [UUI], and mixed UI [MUI]).

European Association of Urology
https://uroweb.org › guidelines › non-neurogenic-female...