

New Strategies in Fighting the Mid-Life Fat Cell

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GREAT
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MEN-O-PAUSE ???

- Every aspect of our lifestyle can affect hormone balance, and just as importantly, hormone balance can profoundly influence every aspect of our lives.
- Puberty marked the beginning of reproductive life, and menopause marks the end of it.
- Menopause is best defined as a permanent cessation of menses due to depletion of ovarian function.
- The mean age is 51.4



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MEN-O-PAUSE ???

There are two periods:

1. Pre-menopause

- Transient from regular cycles to permanent amenorrhea
- Characteristics are period irregularities and beginning of climacteric symptoms

2. Menopause

It is the complete time of amenorrhea, which average age of women is 1/2 of their lives.



FACTORS ASSOCIATED WITH EARLY MENOPAUSE



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- Cigarette smoking
- Low body weight
- Undernourished women
- Family history of early menopause
- Sudden emotional imbalanced/ shock
- Heavy exercise



Stages Of Menopause

<u>Early Stages</u>	<u>Intermediate Stages</u>	<u>Late Stages</u>
Hot flashes	Vaginal atrophy	Osteoporosis/fracture
Sweating diseases	Dyspareunia	Cardiovascular
Nausea disease	Urge incontinence	Cereberovascular
Insomnia	Stress incontinence	
Psychological symptoms	Dry skin and wrinkle	
Menstrual irregularity		

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SIGNS AND SYMPTOMS OF ESTROGEN DEFICIENCY



Vasomotor instability (HOT FLUSHES)

~NOT due to low levels of estrogen, but due to changing levels

~Peak at 3 to 24 months

~Persist for 3 to 5 years

~Affecting 75-85% of women

~15% experience severe flushes





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Notice a Few Extra Pounds Around Your Waist Lately?

- Women's body changes between ages of 35 and 55
- Losing weight and maintaining!!!
- Weight gain accumulate around stomach and waist.
- Diet, fasting, exercise, nothing works!!

Weight gain at middle age

For all males and females aging comes with:

- Slowing metabolism
- Increase food
- Genetics
- Reduced physical activity





Menopausal Changes in Body Composition



- Increase weight
- Increase total body fat (%)
- Decrease lean body mass
- Increase abdominal adiposity
 - Increase waist circumference
 - Increase truncal fat (Dexa Scan)

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The Beginning!!!

- For most women, starts at pre-menopause.
- Other reasons for most people are aging
- Aging also plays a role in changing body composition.





SIGNS AND SYMPTOMS

- Collagen deficiency
30% skin collagen is lost in the first 5 years
Average decline of 2% loss of collagen per year
- Alterations in cognitive functions
- Alteration in sexual function

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REPRODUCTIVE HORMONES

The main four hormones during reproductive years:

- -Estrogen
- -Progesterone
- -Testosterone
- -DHEA

ESTROGEN



- It is the most powerful hormone of human body.
- Study showed with estrogen therapy:
 - Overall mortality from all causes reduced 46%
 - Coronary heart disease death rate reduced 60%
 - Stroke rated reduced 70%
- Human estrogen are made of:
 - Estrinol 60-80%
 - Estrone 10-20%
 - Estradiol 10-20%



Benefits of Estrogen Replacements Are



-Decrease hot flashes -Improve sleep patterns

-Better concentration -Better coordination



-Improve memory -Fewer wrinkles

-Less urinary incontinence -Less vaginal dryness



-Less Alzheimer's disease -Less osteoporosis

-Less colon cancer -Less cataracts



-Less tooth loss -Less cardiovascular disease



-Improve good cholesterol and decrease bad cholesterol

-Less macular degeneration



Testosterone



- Primarily produced by gonad: the ovary in women and testicle in men
- During the reproductive years, the female's blood concentrations of testosterone and estrogen are equal during the women's menses.
- Testosterone replacement therapy can:
 - Restore a women's libido
 - Reserve energy
 - Increase sense of well-being
 - Decrease the cholesterol
- Also as testosterone level falls, she may experience a severe headache
- Anybody with a low blood testosterone is a candidate for testosterone therapy



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Progesterone

The function of progesterone is to:

- 1) Act as precursor of other sex hormones such as estrogen and testosterone
- 2) Protect against breast fibro cysts
- 3) Act as a natural diuretic
- 4) Help us fat as energy
- 5) Act as natural antidepressant
- 6) Help thyroid function





Progesterone



7) Restore libido



8) Help normalize blood sugar level



9) Help protect against breast cancer



10) Protect against endometrial cancer



11) Stimulate osteoblast mediated bone building

12) Normalized blood clotting



13) Normalized zinc and copper level



D H E A



- The hormone that “Does it All.”

- Reduced DHEA levels can translate into reduction of other hormones, particularly testosterone and androgen

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Hormonal Therapy



Every body with different hormonal deficiency



Best method measure hormonal and make hormone based on the need of individual



Main natural hormone is triest made of:

estriol, estrodiole and estrone



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Preferably biest just combination of estrodiole and estrone.





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SIX STEP APPROACH TO H.T.

- Define phase patient is in
 - Define the goals for using H.T.
 - Asses the medical conditions that H.T. may have an adverse effect
 - Asses woman's concerns and discuss potential risks and benefits
 - Make a collaborative decision
- If H.T. is chosen, select appropriate regimen, time and reevaluate annually

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MEDICAL MANIPULATION

- PILLS
- PATCHES
- MIST
- GELS
- COMPUND PRODUCTS

HORMONES and BONES

- H.T. has reduction in women 50-79y.o.
 - 34% reduction in vertebral fractures
 - 34% reduction in hip fractures
 - 23% drop in total osteoporotic fractures
- All differences were statistically significant
- Dramatic cut in fracture among women
- Prevention of postmenopausal osteoporosis
- For Increase in bone mass use non-estrogen medications





INDIVIDUALIZE MENOPAUSAL CARE

- Medical, psychological, family and social history
- Complete physical examination, including breast, pelvic rectovaginal and thyroid
- Pap smear, stool guaiac, mammogram, serum lipid profile, TSH, FBS
- Identification of concomitant medications

GOALS



Hormones can be prescribed for both preventive or clinical indications

Both the consumer and provider must clearly understand why they are being considered and prescribed

QUALITY OF LIFE is of important

Other hormones are

- ogen, estrace, climara, estratab, activella and many more mainly made of synthetic estrogen, premarin is made of pregnant horse urine.



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If the shoe were on the other hoof.



MEDICATIONS

- **CLONODINE** ORIGINAL USE IN HIGH B.P. SIDE AFFECTS
Dry mouth, nausea, dizziness, headaches, fatigue

- **EFFEXOR, PAXIL, PROZAC** NEW GENERATION ANTIDEPRESSANTS HELP IN HOT FLUSHES AND MOOD SWINGS
s.a. dry mouth, weight gain or loss, drowsiness or insomnia, sexual dysfunction,

* HORMONE THERAPY

PILLS, PATCHES, GELS, RINGS,

What are bio-identical hormones?



Have the same chemical structure as hormones that are made by the human body.

In order for a replacement hormone to fully replicate the function of hormones, which were originally naturally produced, and present in human body, the chemical structure must exactly match the original.



Synthetic hormones are not found in humans, and are not identical in structure or function to the bio-identical hormones they are intended to replace.

- Synthetic = substitution
- Bio-identical= replacement





Phytoestrogen

- Soy products contains large amount of Phytoestrogen, these act as natural estrogen.
- They increase cell growth in vaginal wall of post menopause women,
- Increase HDL, reduce risk of heart disease and osteoporosis.
- Also reduce the chance of breast and endometrial cancer
- Another source of phytoestrogens are: oats, cherry, wheat, rye, corn, chick peas, alfalfa and sesame.
- Main sources are: soybeans, chickpeas, lentils and beans
- Dosage is 40mg/day
- Don't give large amount to pregnant or cancer prone patients (breast ca)
- Side effect is GI upset

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NONPRESCRIPTION REMEDIES

- **ISOFLAVENS:** SOY 40-80MG/DAY 30-50% pts. convert **daidzein** into a **equol**. A nonsteroidal estrogen metabolite with estrogenic effects. **RED CLOVER** both (Rimostil and Promensil)
- **BLACK COHOSH** (Remifemin) 24MG 1 TAB BID
S.A. DIZZINESS, HEADACHE, NAUSEA, VISUAL DISTURBANCES
AVOID IF BREAST CANCER OR HEAVY MENSES
- **DONG QUAI** 4.5 MG/DAY do not use with warfarin
S.A. SUN SENSITIVITY, AVOID IF HEAVY MENSES, BLOATING,
SUFFER FROM DIARRHEA





- **GINSING** 100 mg standardized extract . DO NOT USE with MAO inhibitors, anticoagulants or stimulants
- **LICORICE** ??mg In large doses S.A. edema, HTN and hypokalemia. Cardiac arrhythmias & arrest. DO NOT USE with diuretics
- **VITAMIN E** 400 – 800 mg/d if used in pts with vit. k deficiency bleeding may increase
- **ACUPUNCTURE / MAGNET THERAPY**
- **PROGESTERONE**
- **B VITAMINS B2,B6,B12**



Black Cohosh

- The most promising herbal remedy for treating menopausal syndrome
- Side effect is GI disturbances
- Recommended is 40mg/day



Evening primrose



Use for menopausal syndrome



Fibrocystic breast and pain reduction

Use for PMS



Help eczema, contact dermatitis

Help endometriosis



Help rheumatoid arthritis

Use as 2-4g/d



Side effects are: headache/ indigestion/ softened stools

Do not give in patients taking anticonvulsants



Chaste Berry

- Increase secretion of LH and decrease FSH
- increase in progesterone and decrease in estrogen
- useful for PMS, Menopause and heavy periods



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Other Herbs



Dong Quai



Licorice



Panax Ginseng



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CONCLUSION

- Menopause is a normal physiologic phase in the female life cycle
- Menopause transition is an ideal time for a health screen for risk factors both hormone related and coincidental diseases
- Therapy should be based on GOOD LIVING PRACTICES





LIFE STYLE

- Healthy Diet
- Exercise
- Smoking Cessation
- Vitamins & supplements
- Safer sex
- Alcohol moderation
- Drug Avoidance
- Regular health screenings



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Thank you

Any Questions?



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Dr. Saam focuses on women’s health issues, preventive medicine for the entire family, pediatrics and senior healthcare by developing a trusting relationship in which the patient is encouraged to discuss and participate in the treatment and decision making process of their health. Dr. Saam takes her time to answer any questions the patient may have with dignity, compassion and respect. Her unique approach of holistic and traditional medicine helps each patient in the treatment of their medical problems, and also the prevention of further conditions.