


Menopause Options for Breast Cancer Survivors

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Fundamental Goals of Intervention

- Symptom relief with minimal impact on increasing risks of other diseases
- Disease prevention and treatment
- Opportunity for changes in life
- Education about health

Categories of Treatment Intervention

1. Diet, Exercise, stress management
2. Nutritional supplements
3. Botanical medicines
4. Bio-Identical hormones (compounded)
5. Bio-Identical Pharmaceutical hormones
6. Non Bio-Identical conventional hormones
7. Other prescription medications



Exercise

- **Benefits:** immune, heart, bones, mood, joints, blood sugar, hot flashes, weight
- **Aerobic**
 - Gain stamina and energy; be gentle to start
 - Goal: 30-45 minutes 4-5 times weekly
- **Weight training**
 - 2x/wk to 3x/wk

Selected Dietary Interventions

Basics

- Low fat
- Good fat vs bad fat
- High fiber
- Whole foods
- Fruits, veggies
- Whole grains
- Legumes
- Nuts & seeds

The Traditional Healthy Asian Diet Pyramid





Stress management

“When you don’t like a thing,
change it.

If you can’t change it, *change the
way you think about it.*”

Maya Angelou

Hot Flashes/ Night Sweats

the most common symptom

- Dress in Layers
- Avoid triggers
 - Hot environments (air/H₂O)
 - Certain foods/stress
- Exercise
- Acupuncture
- Relaxation practices
- Diet
 - Avoid: spicy, coffee, black tea, sugar, alcohol
 - Emphasize: fish, vegetables, ground flax seeds, whole grains, whole soy

Hot Flashes/ Night Sweats treatment plan

- Vitamin E 400iu daily
- Black Cohosh 20-40mg twice daily
- Ground Flax Seeds 2 tblsp daily
- Bioflavonoids 500mg 2-3x daily
- Pycnogenol 100mg 2x/day
- Omega 3 Fish Oil 1000-3000mg
- Kava 100-300mg daily
- Homeopathy



Insomnia

Diet

- **Remove natural stimulants**
- **Consider nocturnal hypoglycemia**
- **Consider restless leg syndrome**
- **Supplements**
 - **L-Tryptophan or 5 HTP: decreases time required to fall asleep and decreases number of awakenings**
 - **Melatonin**



Insomnia Treatment Plan

- Melatonin 5-20mg before bed
- Valerian—dosage varies
- L-tryptophan 500-1500mg or 5-HTP 50-200mg before bed
- Gaba 500-1000mg before bed
- Acupuncture
- Homeopathy
- Protein before bedtime to prevent low blood sugar during the night
- OTC/Prescription Sleep aids in acute situations

Fatigue Treatment Plan

- Green tea 3-5 cups/day
- CoQ10 100-300mg daily
- Ginseng...Panax, Korean Red, American, Siberian (also good for mood)
- Gingko 80mg 1-3x/daily
- Mushroom extracts (Coriolus, Reishi, Maitaki)
- Ashwaganda &/or Rhodiola 200mg daily

Memory/Cognition Nutritional Support

Vitamin C 1,000-3,000 mg daily

Vitamin E 400 iu daily

B12 1,000 mcg daily

Folic acid 800 mcg or more, daily

Phosphatidylserine 1000mg daily

L-acetylcarnitine or L-carnitine 2grams
2x/daily

Memory/Cognition Herbal Support

- Ginkgo biloba; dose 80mg 2-3 times/day 24% normalize neurotransmitter receptors in brain improves vascularity to brain & oxygen levels provide antioxidant benefits
- Vinpocetine 5-10mg/day
- Rhodiola; dose 300-600 mg/day 1% rosavin normalizes mitochondrial function improves cognitive performance improves attention, memory, productivity
Phytomedicine 2000;7(5)

Anxiety

- Possible nutrition related causes

caffeine, low amino acids, low B vitamins, low EFAs

- B vitamins (niacin, pyridoxine, thiamine)

- Calcium/magnesium

- Omega 3 Fatty Acids

- Kava, lemon balm, Valerian, Skullcap



Depression

- SAMe 1200mg daily
- Folic acid 800 mcg or more daily
- B12 1,000 mcg or more daily
- Vitamin B6 50-100 mg daily
- St. John's Wort
300 mg tid .3% hypericin
- Kava
not to exceed 212 mg kavalactones daily
- Ginkgo
80 mg S.E. tid

Sexual Function/Libido

- Multiple Vitamin

- Ginkgo biloba

 - *Trial n=63; SSRI induced sexual dysfunction. 60 mg QD to 240 mg bid of standardized extract. 91% women and 76% men reported improvement

- Sexual Response

 - Topical: L-arginine cream with essential oils

Urogenital Changes

- Vitamin E 400iu
- Soy isoflavones 50-150 mg
- EFAs (Omega 3-6-9) 2 caps 2x/day
- Lactobacillus
- Vaginal lubricants
- Vaginal Estrogen
- Kegels!

Joint/Body aches and pains

- Glucosamine sulphate= 500 mg 3x/day
- Chondroitin sulphate= 400 mg 3x/day
- MSM= 1,000mg 1-3/daily
- Bromelain= 250-500 mg 3x/day
- SAmE 200--400 mg 2-3/day
- Niacinamide 500 mg 3x/day
- Ginger, Black Cohosh, Boswellia, Curcumin

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Reference Books:

- Women's Encyclopedia of Natural Medicine, Tori Hudson, ND
- How to Prevent and Treat Cancer, Michael Murray, ND
- Sudden Menopause, Debbie Deangelo
- The Wisdom of Menopause, Christiane Northrup, MD
- The Complete Natural Medicine Guide to Breast Cancer, Sat Dharam Kaur, ND