



National Prescribing Service Limited



Case study 59: Optimising quality of life during menopause

(for GPs, pharmacists, nurses and other health professionals)

NPS case studies are designed to help you refine your clinical decision-making skills. After you complete and submit the case study, you will receive expert commentaries along with aggregated responses that provide a snapshot of your colleagues' responses.

Scenario

Johara is a 50-year-old cashier who presents to you complaining of hot flushes with sweating 2 or 3 times a day over the last year. Her symptoms make it difficult for her to concentrate at work. She feels tired most of the day due to lack of sleep. She states that her menstrual cycle has been irregular for the last 12 months, with menses occurring every 6–7 weeks. Her symptoms remain unchanged, despite lifestyle measures such as reducing her caffeine intake and regular yoga. Her friends suggested that complementary medicines or hormone therapy could be useful. She needs effective treatment but is confused about the right therapy for her symptoms. She is also concerned about the safety of these medicines.

Her age at menarche was 13 years. Her menstrual history includes light and regular 30-day cycles. Her last menses was two months ago. She is a single mother with two sons aged 9 and 12 years. Her pregnancies were without any complications. She has an intact uterus, and has regular mammograms and Pap smears (which have been normal). She does not smoke or drink alcohol. Her current daily medications include calcium carbonate 1500 mg / colecalciferol 12.5 micrograms twice daily. She has no known allergies. There is no family history of breast cancer.

On examination she looks tired. Her body mass index is 30.5 kg/m², blood pressure is 130/82 mmHg and pulse is 80/min. The rest of her physical examination was unremarkable. Hyperthyroidism has been excluded.

How to participate

All participants: Complete ALL questions, fill in appropriate details and sign the consent agreement in the 'Your details' box (see over).

GPs: To be included in the **Quality Prescribing Initiative** of the **Practice Incentives Program (PIP)**, quote your **provider and prescriber numbers** in the spaces provided.

Pharmacists: This activity is recognised for continuing professional development by the Pharmaceutical Society of Australia (PSA), the Society of Hospital Pharmacists of Australia (SHPA), the Australian Association of Consultant Pharmacy (AACCP) and the Pharmacy Board of South Australia. PSA members, quote your membership number in the space provided. Other pharmacists, please self-record this activity. For details on recording participation see <http://casestudy.nps.org.au>

**Send to NPS by:
2 October 2009**

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Complete and submit your case study
online at: <http://casestudy.nps.org.au>

