

March 2021 Newsletter

We hope you are well and coping with your housebound isolation. It will soon be over!! Two of us are still doing clinics and operating in the NHS and one or two clinics a week in Wimpole Street. The other (JS) has retired and is bored stiff.

It is now clear that Covid is more common in post-menopausal women than those that are premenopausal and that it is less common and less severe in women with high or normal oestrogen levels regardless of menopausal status. About two months ago there was a feature in that well known medical journal – the Daily Mail reporting that HRT protected patients from Covid but no details of this unpublished opinion were given. However, there is now increasing good, published data from Kings College London, Baltimore USA and even Wuhan in China!! stating that HRT protects up to 50% of Covid cases. Perhaps it works by producing a more youthful immune response regardless of chronological age. It seems that there is yet another good reason to take oestrogens as well as hot flushes/insomnia, depression, brain fog, libido, and osteoporosis etc etc.

However please remember that oral synthetic oestrogens should be avoided because of the very small increase in stroke that also is a risk in younger women taking the birth control pill. We have not prescribed oral oestrogens for almost 20 years but If you go to your GP, you should insist on transdermal gels or patches. If you see a menopause specialist, you could have a much more convenient implant of oestradiol with or without testosterone but please try to avoid oral oestrogens such as Premarin or that unregulated witches brew of inappropriate hormones that is often labelled as bioidentical hormones.

Do not forget the importance of diagnosing osteoporosis by bone scan osteoporotic fractures occur in one in three women. 1 in 3!! Those most at risk are:

1. Post-menopausal
2. Long history of depression-even PMS
3. Thin women. BMI of less than 19. It is much less common in overweight women who produce oestradiol from their excess body fat.
4. Excess exercise. Long distance runners, ballet dancers, daily gym addicts
5. Thyroid disorders
6. Anorexia - current or past history
7. Steroid medication
8. Excess drinking or smoking
9. Family history

Note that Afro-Caribbean women very rarely have osteoporosis (but they have sickle cell disease, diabetes and hypertension instead which is probably worse)

It is often forgotten that such fractures occur in 1 in 12 men also due to hormone deficiency but this time it is testosterone.

1. Low testosterone
2. Poor libido. Associated with low testosterone.
3. Thyroid disorders

4. Excessive smoking and drinking
5. Steroid therapy - past or present

Please remember that we have had the Hologic bone density machine in Wimpole Street for almost 20 years being the first in the London private sector. It still works well and remains the best state of the art equipment for diagnosis of low bone density.

In the last letter we sent information about our podcasts and hope that you found them useful. They can be found by Googling HRT is good for you with this link <https://www.buzzsprout.com/984268>

Hope you are well and keep sane. If you find this interesting, please pass on to your pals.
Best wishes

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