



Optimal Care: Women's Health in the Aging Population



Post-menopausal women with normal bone density do not need DXA more frequently than every five years.

Overactive Bladder Drugs – 75% Discontinuation Rate at One Year

- Drugs have limited effectiveness, with common and persistent side effects.^{1,2} Reasons for discontinuation include:
- Did not work - 46% of the time
 - Side effects too troublesome – 72% dry mouth/constipation and 65% increased dementia with anticholinergics¹²
 - Myrbetriq (beta 3 agonist) – HTN 11%, tachycardia and UTI
 - Cost of VESIcare, Enablex, and Myrbetriq ~ \$4,500 yearly

Treatment and Management

Osteoporosis Management^{2,3,4}

Oral bisphosphonate should be primary therapy based upon efficacy, safety and cost ~ \$120 yearly.

In aggregate, fracture risk reduced by 30-50% at femur and spine with bisphosphonate therapy.

Risk of a typical femur fracture decreases 70% per year when bisphosphonate stopped. Needs to be used cyclically.

Stability (not necessarily increase) in bone density represents a positive response to bisphosphonate therapy.

Cost of teriparatide (Forteo) equals \$43k per year. Cost of abaloparatide is \$23k per year.

In women, CAD accounts for 1/3 of all deaths^{5,6,7}

Chest pain absent in 43%

Both dyspnea and weakness present in over 55%

Women who smoke have twice the increased risk of men who smoke

50% cost reduction if USPSTF mammography guidelines followed^{8,9}

Age 50-75 biennial screening

Ages 40-50 option for biennial screening

Supplemental imaging when increased breast density is present remains controversial and is best reserved for the subset of patients who are otherwise at increased risk of breast cancer

When to Start Mammograms?¹⁰

Discuss the pros and cons of starting mammograms before age 50. Based on evidence-based medicine, here are the potential benefits and harms for 1,000 women who start at age 40 versus 50.

- One woman diagnosed with breast cancer will not die
- Two women will be diagnosed and treated for breast tumors that would never have caused symptoms or problems or needed treatment.
- 67 more women will have breast biopsies with normal results
- 576 more women will have a false-positive test result

Selective Pharmacotherapy Advantages for Certain Antidepressants in Women¹¹

- ✓ Menopausal symptoms may improve with SSRI/SNRI therapy
- ✓ Insomnia may improve with tricyclic antidepressants (TCA's) or mirtazapine
- ✓ Migraine may improve with venlafaxine or TCA's
- ✓ HRT may have a role in peri-menopausal patients who are depressed

¹Urological Association Journal, 9(9-10), 351-352. doi:10.5489/cuaj.3367

²GoodRx, Inc. (2018). GoodRx. Retrieved from GoodRx Web site: <https://www.goodrx.com>

³NEJM, 374, 254-262. doi:10.1056/NEJMcp1513724

⁴NEJM, 364, 1728-1737. doi:10.1056/NEJMoa1010650

⁵Stangl, V Heart Journal, 29(6), 707-717. doi:10.1093/eurheartj/ehn047

⁶Circulation, 93(3), 450-456. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/8565161>

⁷JAMA, 307(8), 813-822. doi:10.1001/jama.2012.199

⁸NEJM, 375(15), 1438-1447. doi:10.1056/NEJMoa1600249

⁹Annals of Internal Medicine, 160(3), 145-153. doi:10.7326/M13-1217

¹⁰DeSantis C, Ma J, Bryan L, Jemal A. Breast cancer statistics, 2013. CA Cancer J Clin. 2014;64(1):52-6

¹¹Journal of Psychiatry and Neuroscience, 40(4), 219-221. doi:10.1503/jpn.150205

¹²JAMA Intern Med. 2019; 179(8):1084-1093