HotDoc | WEBINAR

Menopause Myth-Busting: What the Evidence Actually Says About HRT



HOSTED BY



Dr Ceri Cashell
Specialist General Practitioner
Co-Founder & Clinical Director, Healthy Hormones

CERTIFIED LEARNING PROVIDER
cpd home
AMA
2026

RACGP
CPD Approved Activity

Educational Activities
01
hours

Wednesday
28th October
7:30pm AEDT

In the spirit of reconciliation, HotDoc acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



HotDoc

Housekeeping

- This session is being recorded & will be sent to you 4-6 hours after this session has concluded along with the resources.
- If you are a GP and registered with your RACGP member #, your CPD hours will be lodged with the RACGP and emailed your certificate within 1 week of today's session.
- In the "related content" you'll find our further feedback form.
- Non-RACGP CPD, your certificate of attendance will be accessible at the 40 min mark, you can access via the  certificate icon on your console.
- Have a play around with the console/ icons on your screen for an interactive experience.
- Please take some time to complete our feedback survey to let us know what you thought of today's session.

HotDoc

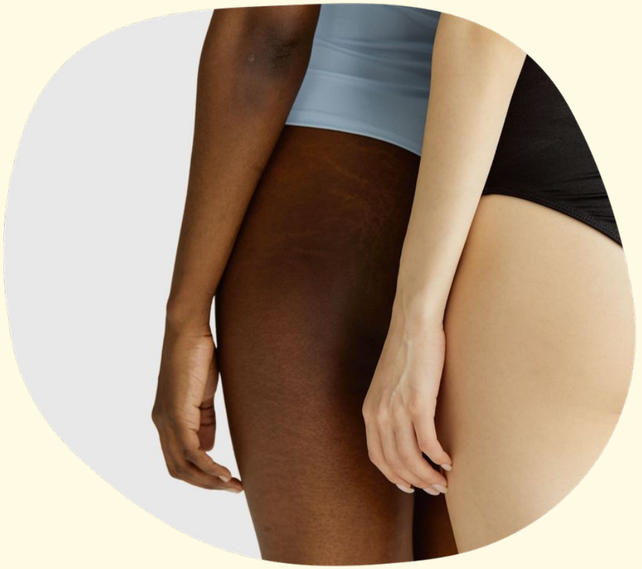
Healthy Hormones

Menopause

Why it matters in everyday practice



with Dr Ceri Cashell





Dr Ceri Cashell

Specialist GP with an interest in menopause and female hormonal health

- Co-founder of the free Healthy Hormones app
- Advocate for health equity and improved access to and affordability of menopause care.



Today you will discover how to:

- Spot menopause and perimenopause in everyday practice
- Understand why menopause matters beyond symptom relief
- Recognise opportunities for disease prevention
- Understand the fundamentals of hormone therapy prescribing
- Separate menopause facts from fiction
- Approach the menopause consultation with confidence





Menopause in Australia



Menopause in Australia

6 million women over 40



Menopause in Australia

6 million women over 40

40% life post menopause



Menopause in Australia

- 6 million women over 40
- 40% life post menopause
- 50% of workforce >45 are women



Menopause in Australia

- 6 million women over 40
- 40% life post menopause
- 50% of workforce >45 are women
- $15 billion annual economic cost

Everybody has
3 sex hormones

Everybody has
3 sex hormones

Estrogen

Everybody has
3 sex hormones

Progesterone

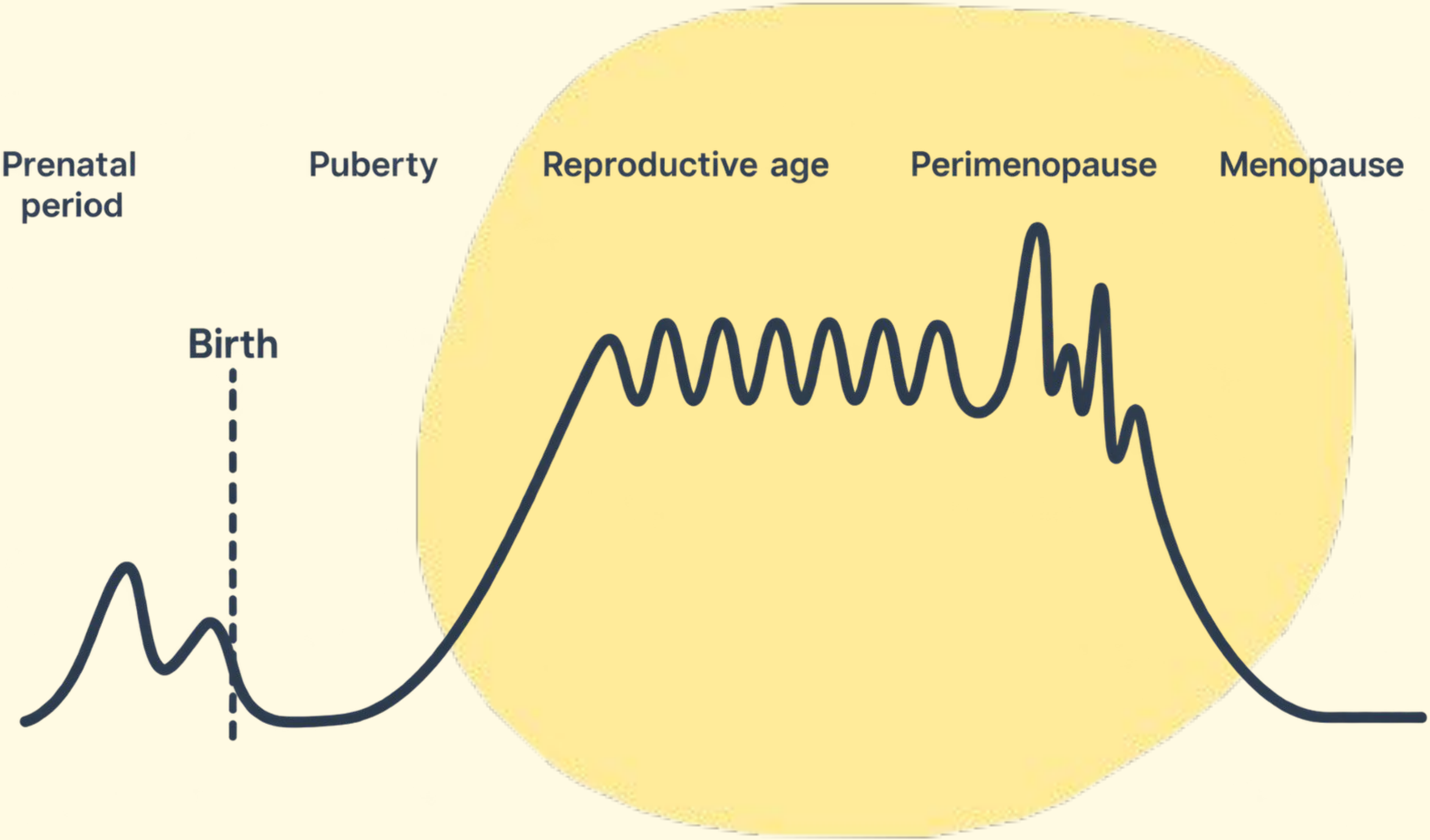
Estrogen

Everybody has
3 sex hormones

Testosterone

Progesterone

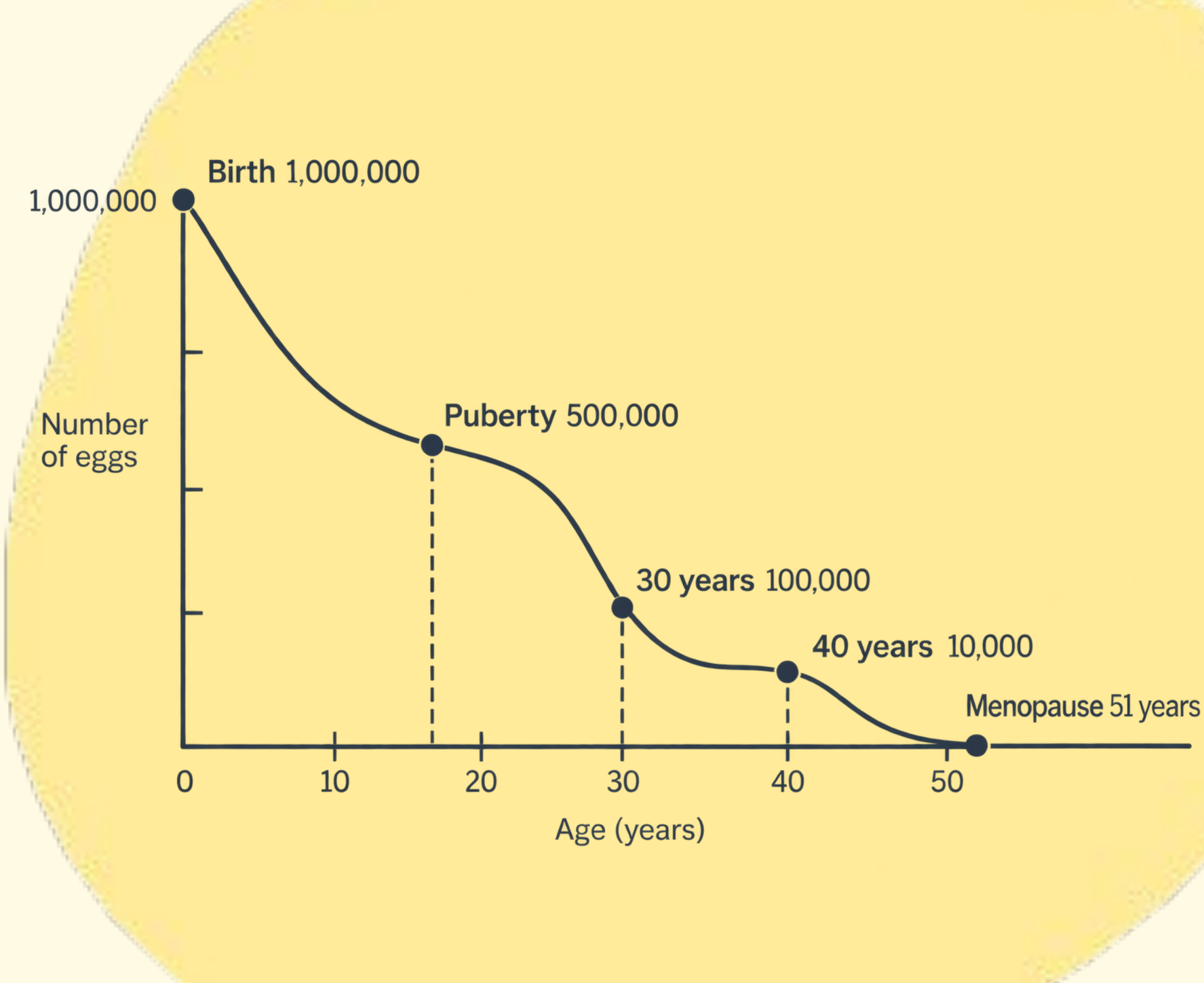
Estrogen


Prenatal period
Puberty
Reproductive age
Perimenopause
Menopause
Birth

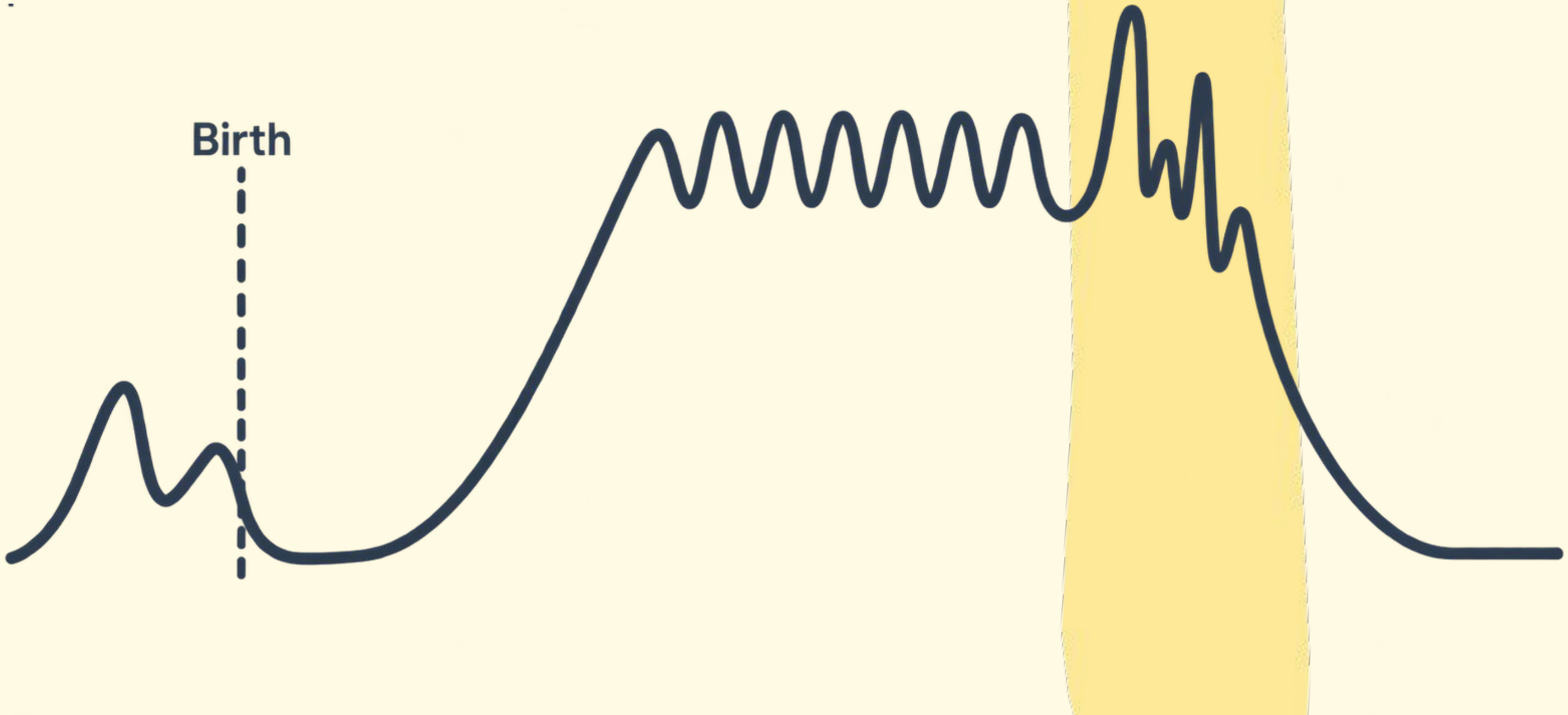


Whats wrong with me, doc?

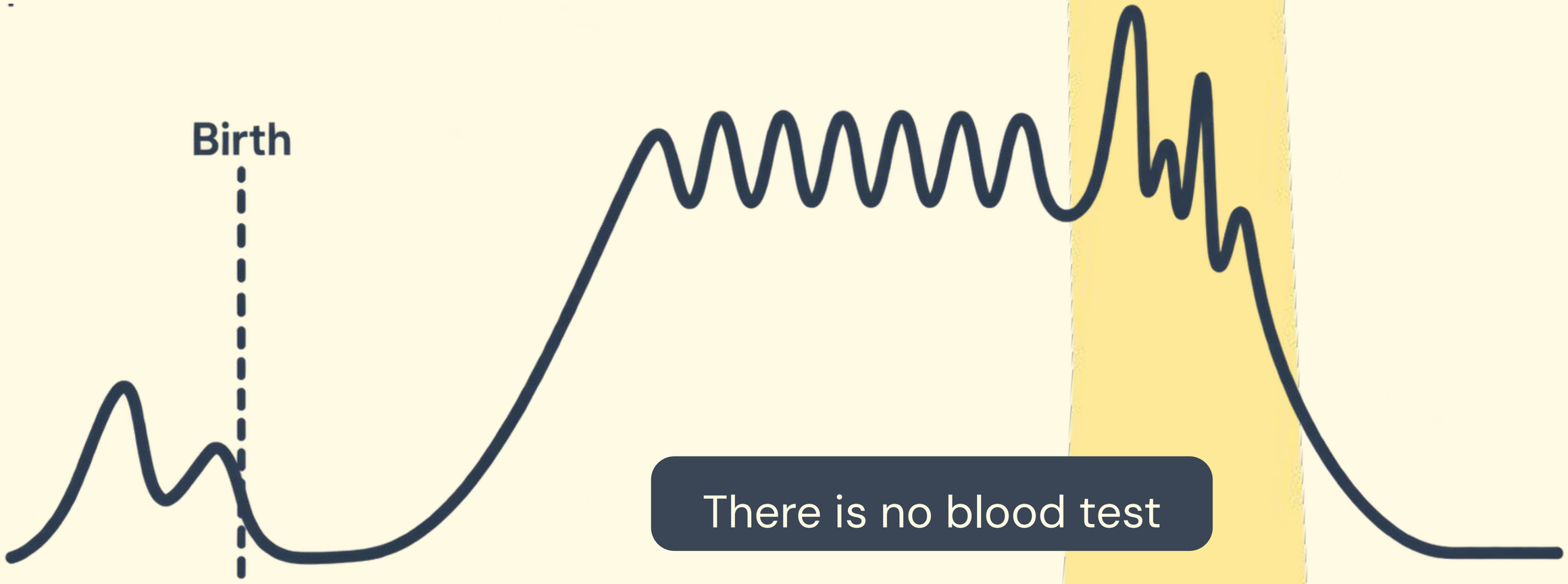
How many eggs do we have?



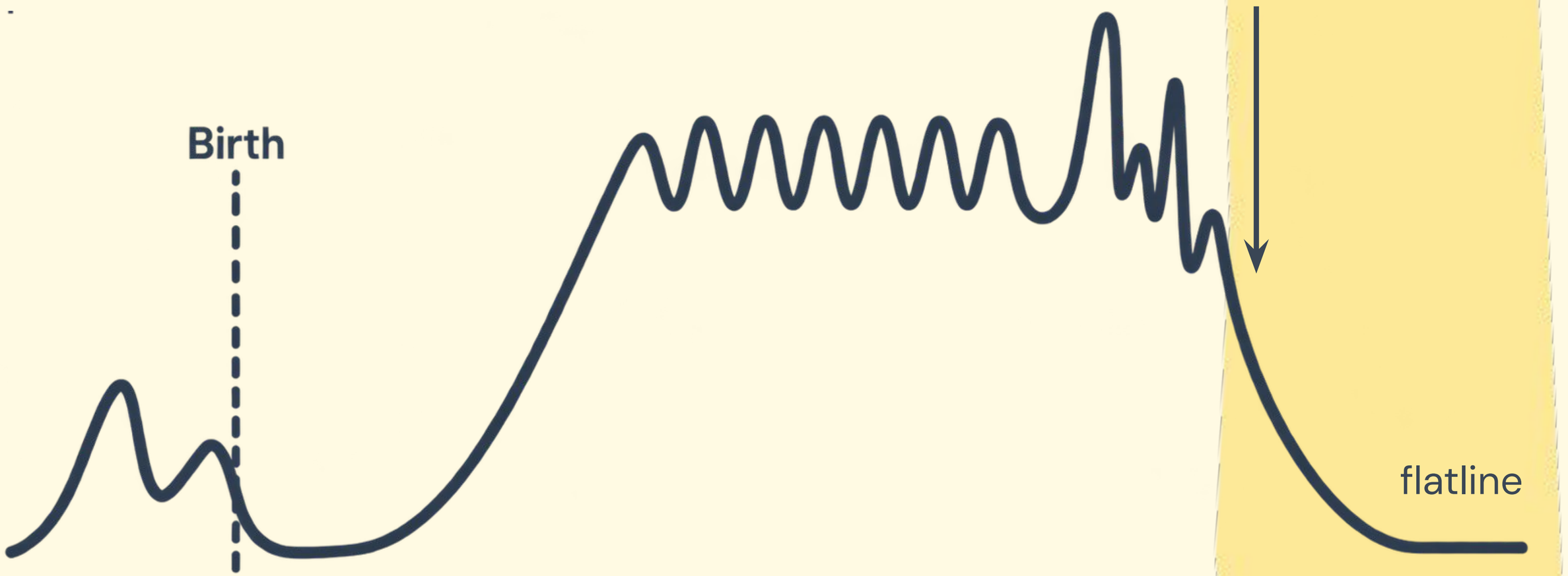
What is perimenopause?



What is perimenopause?



What is menopause?







Menopause

51 Average age in Australia

12 Months after final period

Loss of estradiol and progesterone

Testosterone may also be low





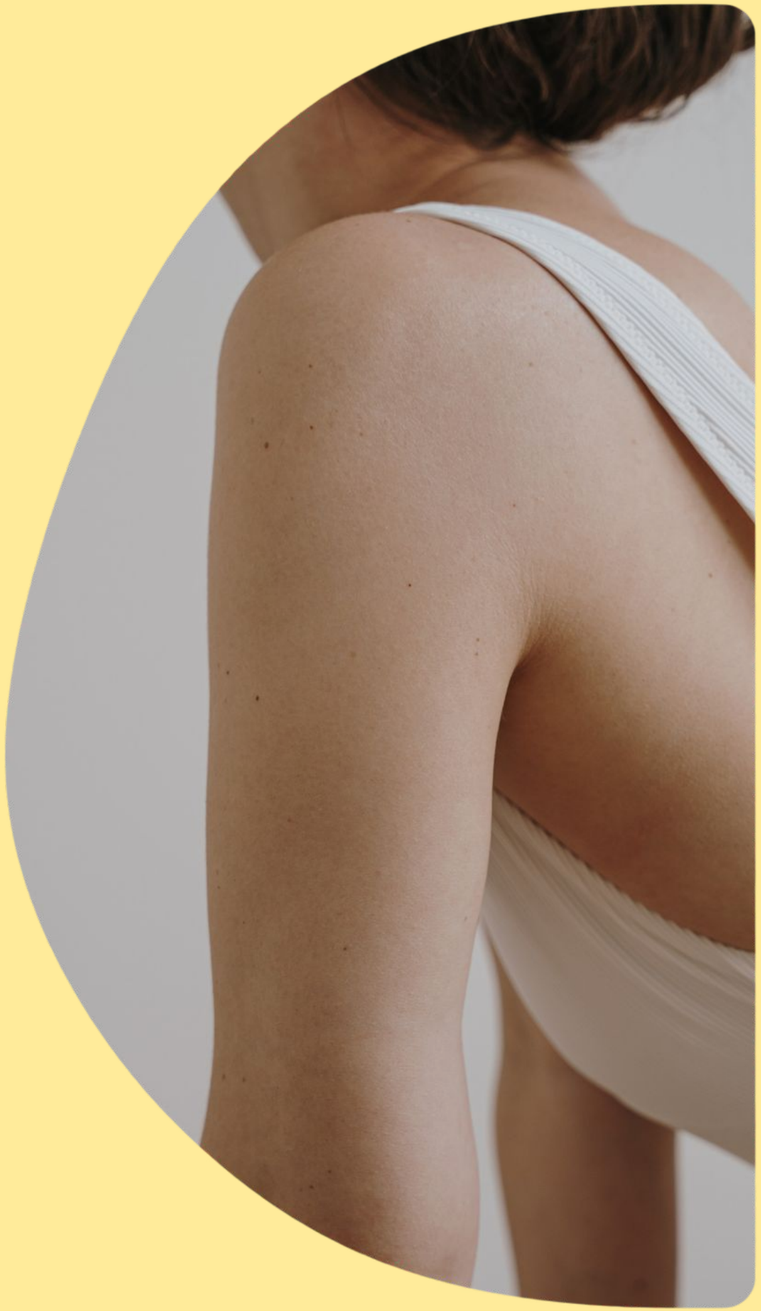
Menopause

45–55yrs Normal

40–45yrs Early

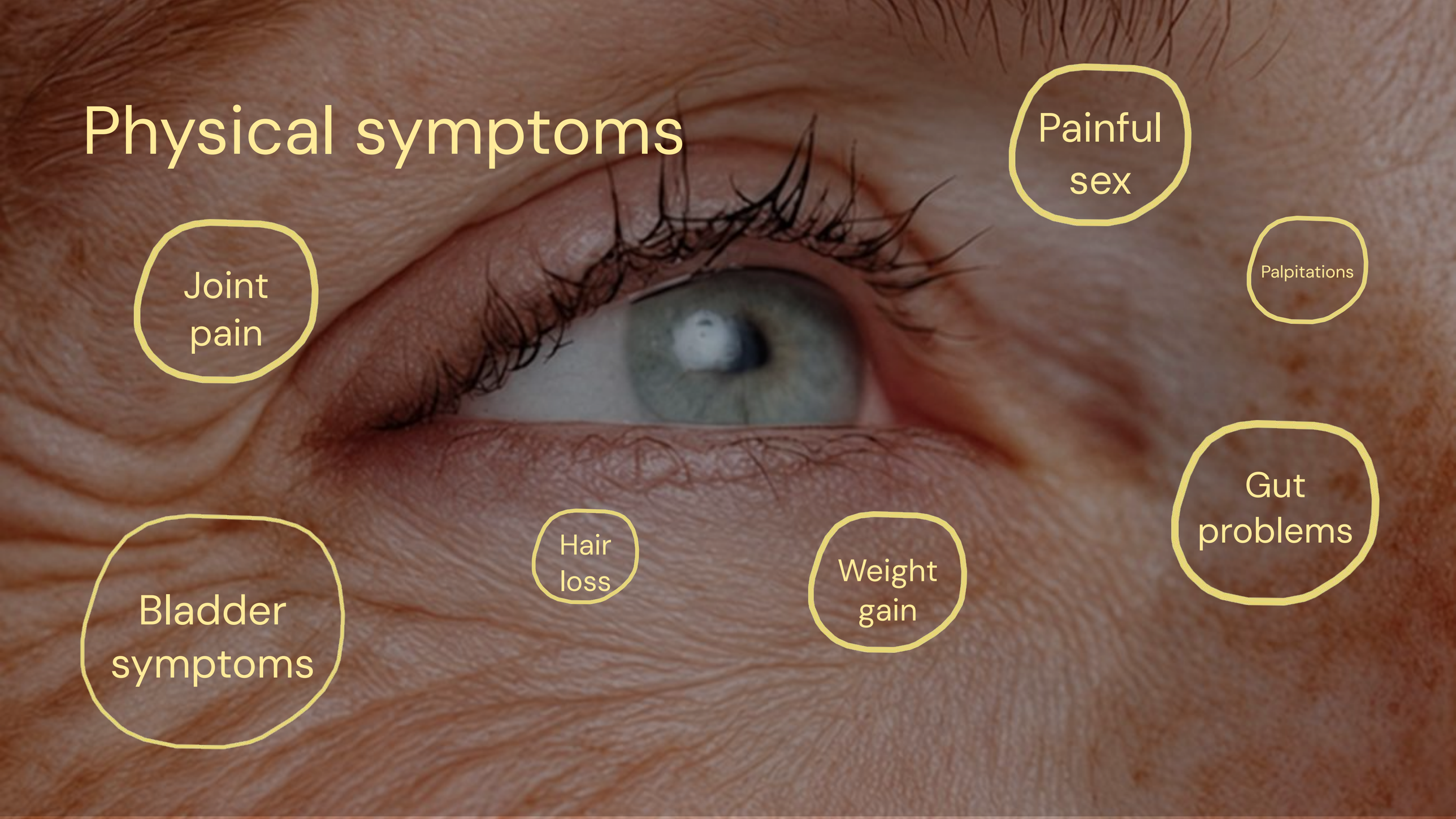
40–45yrs Premature (POI)

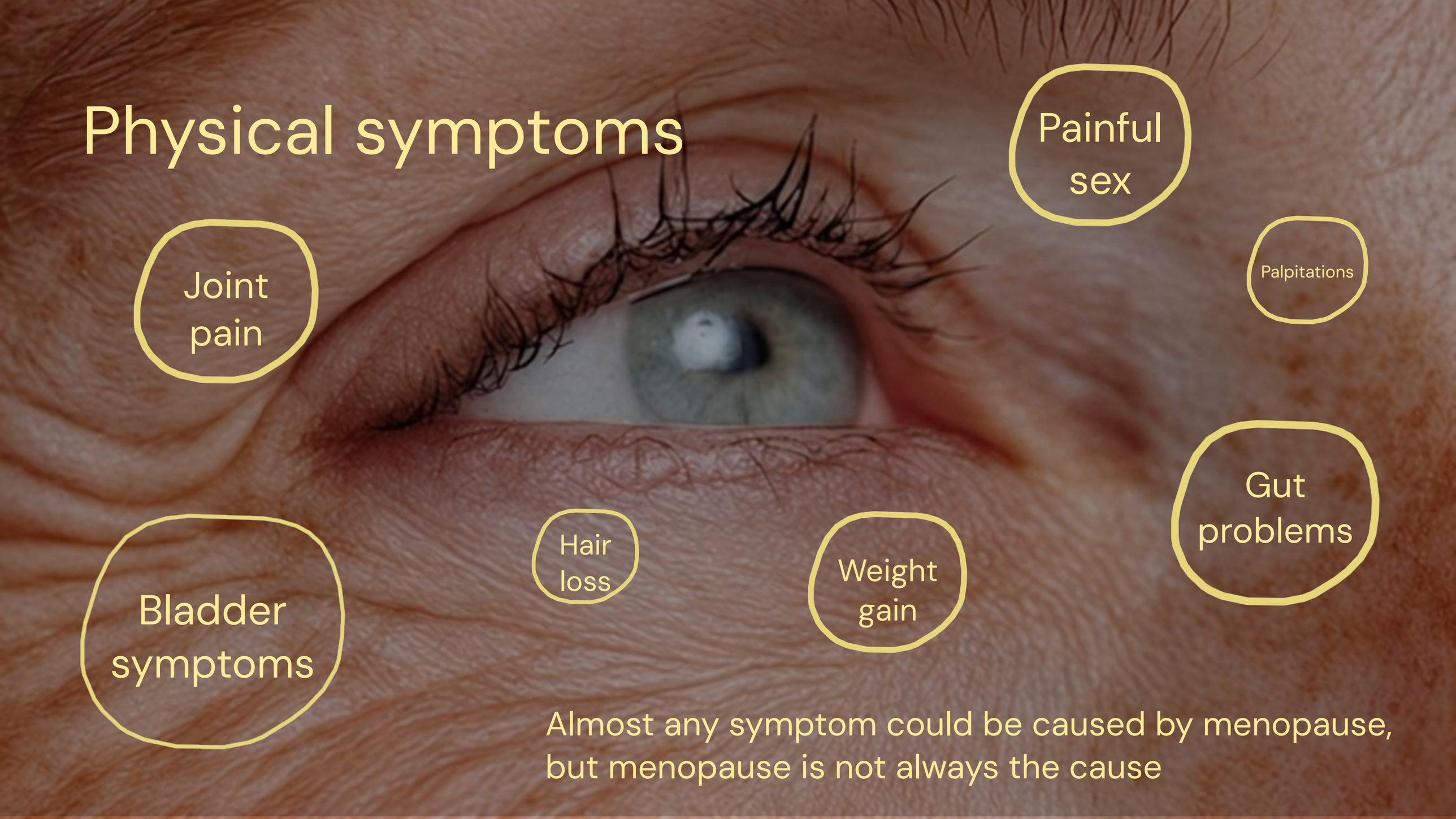
Natural, medical, or surgical



Menopause is a
whole body
whole brain
transition


Every cell in the human body has estrogen receptors


Physical symptoms
Painful sex
Palpitations
Joint pain
Gut problems
Hair loss
Weight gain
Bladder symptoms


Physical symptoms
Painful sex
Palpitations
Joint pain
Gut problems
Hair loss
Weight gain
Bladder symptoms
Almost any symptom could be caused by menopause, but menopause is not always the cause



Genitourinary symptoms

- Bladder
- Vaginal symptoms
- Sexual symptoms

The brain

has a large number of receptors for estrogen, progesterone and testosterone.





Neurological symptoms

- Hot flushes/night sweats
- Word finding difficulty
- Brain fog
- Poor concentration
- Fatigue
- Tingling hands/feet
- Burning pain
- Restless legs

Psychological symptoms

- Anxiety
- Insomnia
- Rage
- Overwhelm
- Loss of confidence
- Low mood/anhedonia
- Loss of libido
- Irritability
- Intrusive/suicidal thoughts
- Self harm






25% antidepressants
15% hormone therapy

Sensitive brains

- Neurodivergence
- Previous mood disorders
- PMDD
- Sensitivity to hormonal contraception
- Domestic violence
- Childhood trauma





Long term impact of menopause

4x disability compared to men by 65 (Aus)



Long term impact of menopause

4x disability compared to men by 65 (Aus)

2x heart disease after menopause



Long term impact of menopause

4x disability compared to men by 65 (Aus)

2x heart disease after menopause

50% will have an osteoporotic # (♀2:1♂)



Long term impact of menopause

4x disability compared to men by 65 (Aus)

2x heart disease after menopause

50% will have an osteoporotic # (♀2:1♂)

2x dementia compared to men


So, what about hormone therapy?

Body-identical hormone therapy is recommended first line





Body-identical hormone therapy

Estradiol



Body-identical hormone therapy

Estradiol

Progesterone



Body-identical hormone therapy



Estradiol



Progesterone



Testosterone


What about
the pill?

Long term benefits of hormone therapy



Long term benefits of hormone therapy

30% reduced fracture risk



Long term benefits of hormone therapy

30% reduced fracture risk

30-50%? reduced risk of heart disease



Long term benefits of hormone therapy

30% reduced fracture risk

30-50%? reduced risk of heart disease

? reduced risk of dementia



Long term benefits of hormone therapy

30%	reduced fracture risk
30-50%?	reduced risk of heart disease
?	reduced risk of dementia
>20%	reduced all cause mortality



Vaginal hormones are incredibly safe and they save lives






Why are so many
women suffering?

The women’s health initiative

Published 1993





“Telling women to avoid HRT because it causes breast cancer may have been the biggest error in modern medicine. Women deserve an apology.”

Dr Marty Makary, M.D.

Former Commissioner of the U.S. Food and Drug Administration (FDA)

Breast cancer

The number one fear for women and clinicians







What about breast cancer survivors?

Menopause myths

Menopause myths

Too young for perimenopause

Menopause myths

Too young for perimenopause

Too young or too old for hormone therapy

Menopause myths

Too young for perimenopause

Too young or too old for hormone therapy

Need to wait until menopause

Menopause myths

Too young for perimenopause

Too young or too old for hormone therapy

Need to wait until menopause

Can only take hormone therapy for 5 years

Menopause myths

Too young for perimenopause

Too young or too old for hormone therapy

Need to wait until menopause

Can only take hormone therapy for 5 years

Hormone therapy is contraindicated because of...

H

O

T

F

L

U

S

H

The menopause consult

HOTFLUSH

H History

O

T

F

L

U

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T

F

L

U

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F

L

U

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F Function

L

U

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F Function

L Labs

U

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F Function

L Labs

U Understand

S

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F Function

L Labs

U Understand

S Screening

H

The menopause consult

HOTFLUSH

H History

O Observations

T Tools

F Function

L Labs

U Understand

S Screening

H Hormones+

The menopause consult

HOTFLUSH

Lifestyle matters



- Movement
- Nutrition
- Sleep
- Stress
- Connection

P A T C H G E L P R O

Treatment

PATCH GEL PRO

P A T C H G E L P R O

P

Patch or gel: estradiol

Patch 25-50mcg or gel 1-2 pumps/ 1 sachet

Treatment

PATCH GEL PRO

P A T C H G E L P R O

A Add progestogen

oral micronised progesterone (100mg nocte or 200mg cyclical) or levonorgestrel IUD

Treatment

PATCH GEL PRO

P A T C H G E L P R O

T

Testosterone cream

0.5ml of 1% cream

Treatment

PATCH GEL PRO

P A T C H G E L P R O

C

Contraception

IUD, oral contraceptive pill, vasectomy

Treatment

PATCH GEL PRO

P A T C H G E L P R O

H Hormone dose

Treatment

PATCH GEL PRO

P A T C H G E L P R O

G Genitourinary symptoms

estriol cream or estradiol/ estriol/ DHEA pessary

Treatment

PATCH GEL PRO

Sample hormone therapy srcipt

1. **Estradiol gel 2 pumps daily to arms**
2. **Progesterone 100mg po nocte**
3. **Estriol cream daily pv**
4. **Testosterone 1% 0.5ml daily to buttock**

P A T C H G E L P R O

E Evaluate response

Treatment

PATCH GEL PRO

P A T C H G E L P R O

L

Long-term monitoring

Treatment

PATCH GEL PRO

P A T C H G E L P R O

P Promote lifestyle

Treatment

PATCH GEL PRO

P A T C H G E L P R O

R Review

Treatment

PATCH GEL PRO

P A T C H G E L P R O

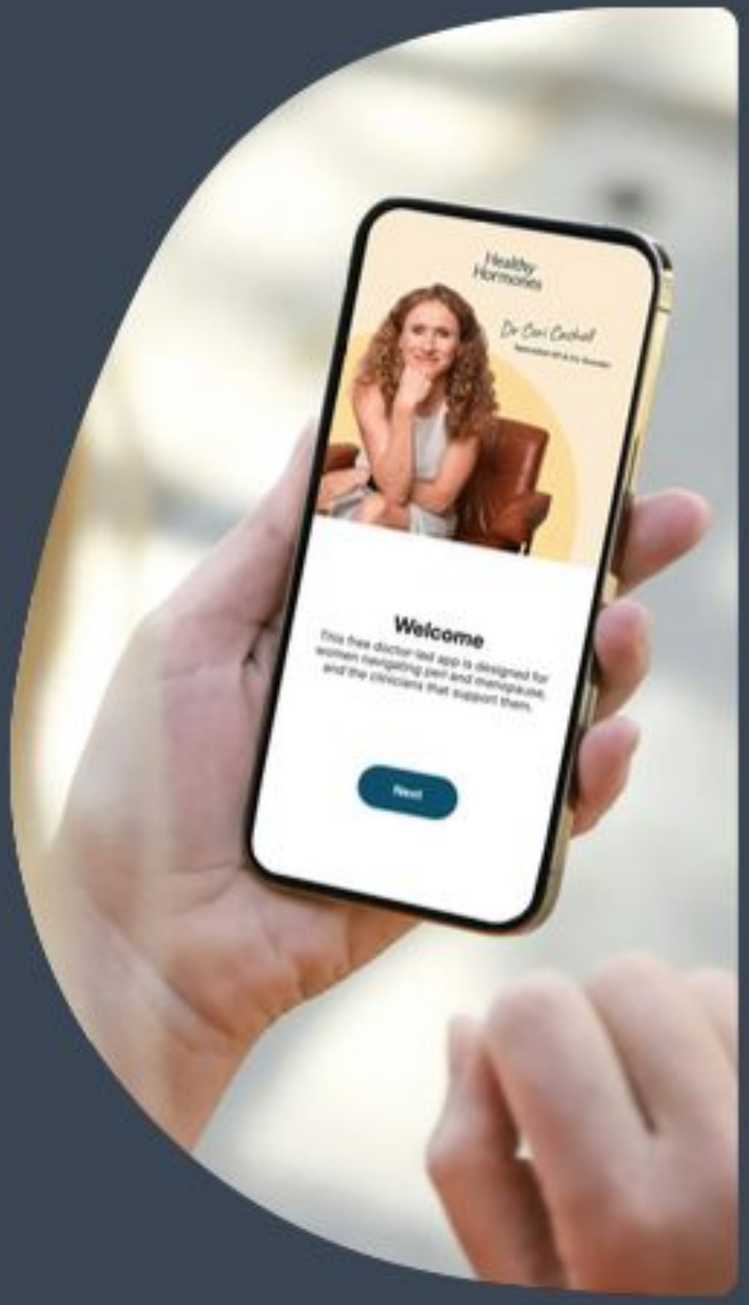
O Other treatments and ongoing care

Treatment

PATCH GEL PRO

Key takeaways

- Perimenopause often starts in the early 40s, and POI can even start in the teens.
- There’s no blood test for perimenopause. The diagnosis is in the history.
- 80% of women have psychological symptoms in perimenopause, and they’re often the first sign.
- Menopause is a disease prevention opportunity, for the heart, bones and brain.
- For most women under 60, the benefits of body-identical hormone therapy outweigh the risks.
- Vaginal estrogen cuts recurrent UTIs, and may save lives.
- Use HOT FLUSH and PATCH GEL PRO. Menopause care is long-term care.



Healthy Hormones



14,000+ members

- Ask questions & discuss cases
- Live expert Q&As
- Build your referral network

Join for free

GET IT ON Google Play

DOWNLOAD ON THE App Store

Healthy Hormones

Self-paced video modules

11.5 hours CPD

Menopause Essentials

Course for clinicians

Save $220 with code HOTDOC



Healthy Hormones

Annual menopause conference

Saturday 3rd April 2027, Hyatt Regency Sydney

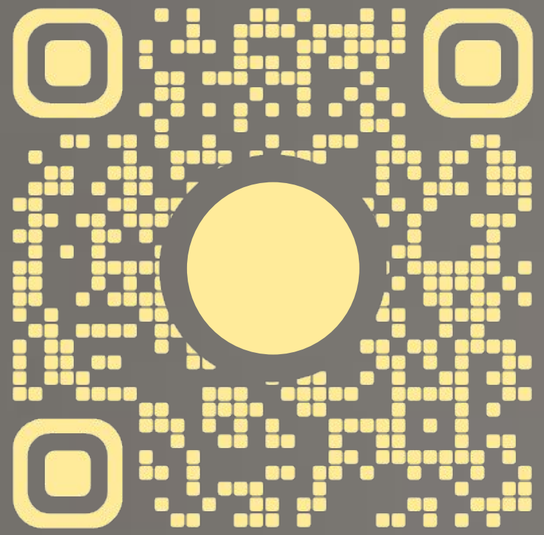




In person + livesteam + on-demand

Healthy Hormones

Menopause support in your pocket



GET IT ON Google Play

DOWNLOAD ON THE App Store

Q&A



Thank You!

