

Joint Webinar on Gynecology-Obstetrics & Pediatrics

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Gynecology from the perspective of bone health from puberty to postmenopause

Bone is not just a pillar of the body, but an important organ that controls hematopoiesis and metabolism. Bone was originally a hematopoietic and metabolic organ made of cartilage until the acquisition of hydroxyapatite. Human bone is an organ that is constantly being scraped and build and renewed. This bone health also supports a woman's lifelong quality of life. Hormone therapy is used for dysmenorrhea, endometriosis, menorrhagia, uterine fibroids, etc., but the effects on bone are described separately for puberty and maturity. Bone growth, especially during adolescence, is an important period of elongation and formation. We propose from the evidence the optimal hormone therapy for this period. In addition to hormone therapy, iron preparations are another treatment for menorrhagia. Administration of iron is very effective in correcting anemia due to menorrhagia, but on the other hand, it presents a decrease in bone mineral density due to hypophosphatemia. We will consider the effects on bones of long-term treatment of anemia due to menorrhagia by administration of iron preparations. Finally, the decrease in bone density that begins immediately after menopause causes postmenopausal osteoporosis in old age, which causes a decrease in QOL in women. Therefore, it is important to pay attention to bone health immediately after menopause, not only to alleviate menopausal symptoms, but also to prevent bone loss. I will describe TSEC, which is the newest hormone therapy.

The ovaries and uterus are short-lived organs, but long-lived organs such as bones reach menopause and continue to support them until their longevity. For a woman's long life, menopause is the middle of her life. We consider from a gynecological point of view so that women can live long and prosperous.

Biography

Kurashiki Heisei Hospital gynecology department manager Japan Obstetrics and Gynecology Association Specialist Doctor of Osteoporosis Society 2000. Graduated from Nihon University School of Medicine, May Entered Nihon University School of Obstetrics and Gynecology 2002 Department of Obstetrics and Gynecology, Tokyo Kyosai Hospital. Japanese Society of Obstetrics and Gynecology, Japanese Society of Endometriosis, Japanese Women's Medical Association, Japanese Association of Osteoporosis 2015 Encouragement Award of the Japan Society of Nutrition and Metabolism 2018 Japan Endometriosis Society Academic Scholarship Award Japan Women's Medical Association Excellent Presentation Award Winner.

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