

The Arthritis Foundation presents:

Webinar Series

# Hormones, Joints & Women's Wellness

In Partnership With



We'll begin shortly...



# About Me: Raquel Masco

- **Lives with osteoarthritis**
- **Arthritis Foundation Connect Group facilitator**
- **Inaugural Patient Leadership Council member**
- **Manages transportation for a disability advocacy organization**



Spent three weeks in Europe last year!

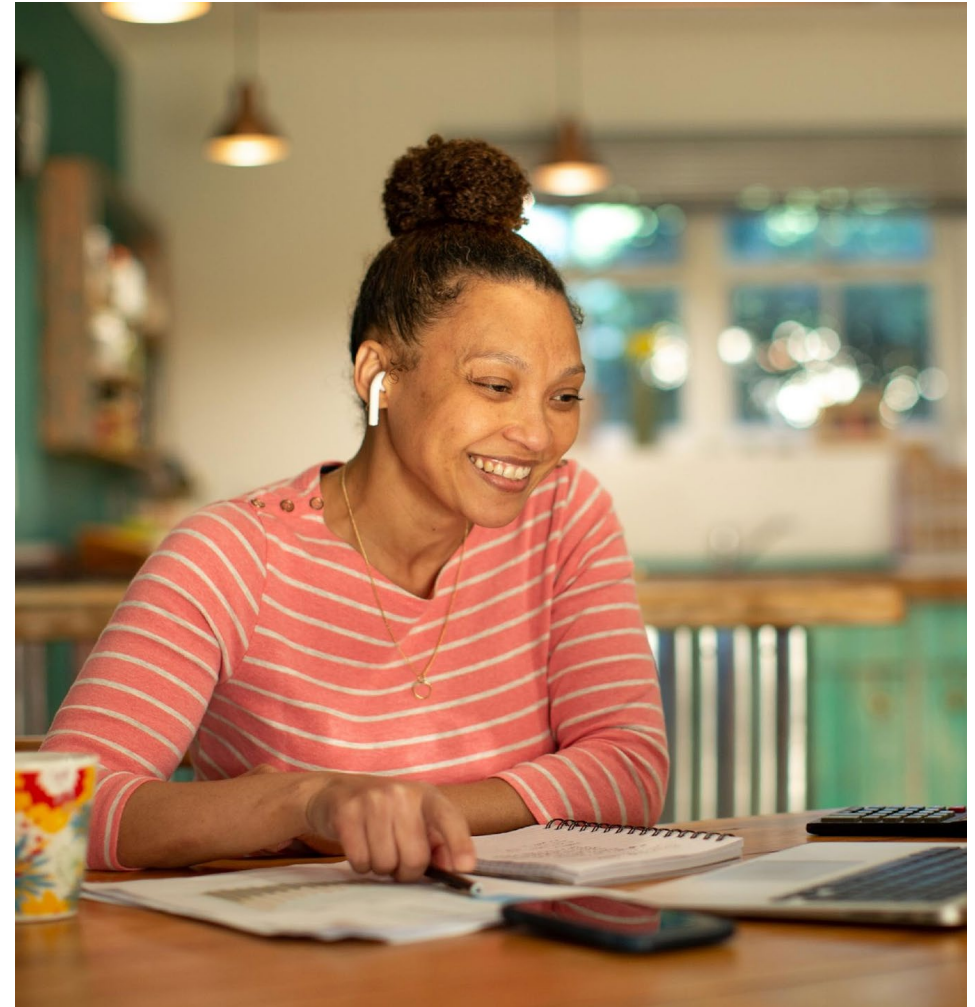


# Event Program

- ✓ You are muted
- ✓ Q&A bottom of screen
- ✓ Presentation, Live Q&A
- ✓ Post-Event Survey
- ✓ **Recording, PPT and E-Resource  
Past Webinars Page**



[Arthritis.org/Webinars](https://www.arthritis.org/webinars)



# Poll: What bone and joint issue are you most interested?

a) Joint Pain

b) Fatigue

c) Bone health

d) Brain fog

e) Hot flashes



# Tonight, You'll Learn:



How hormonal changes impact joints



How to differentiate hormonal symptoms from arthritis symptoms



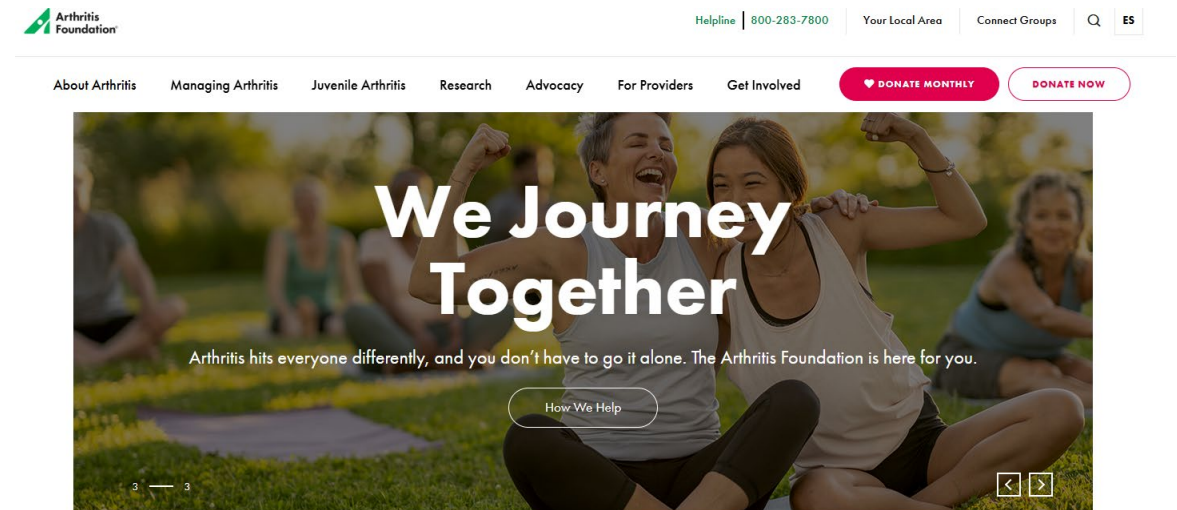
Simple ways to manage symptoms.



# Tonight Is About *Hormones and Joints in Women*

For in-depth information about pain management, sleep, exercise, etc.:

- [Arthritis.org/health-wellness](https://www.arthritis.org/health-wellness)
- [Arthritis.org/webinars](https://www.arthritis.org/webinars)
- [Arthritis.org/podcast](https://www.arthritis.org/podcast)
- [Arthritis.org/YESTOOL](https://www.arthritis.org/YESTOOL)



## About Arthritis



# Tonight's Experts



**Catherine Sims, MD**  
**Assistant Professor of Medicine, Rheumatology**  
**and Immunology**  
**Duke University School of Medicine**



**Jocelyn Wittstein, MD**  
**Associate Professor of Orthopaedic Surgery**  
**Duke University School of Medicine**



# Hormones 101: *What Changes and Why It Matters*

# Disclaimer:

This webinar is for educational purposes only and **not intended** to replace medical advice.



**ALWAYS** Talk to Your Doctor Before Making Changes to Your Care Routine!



# What's the Difference?

## PERIMENOPAUSE

- Transitional time (8-10 years)
- Usually, mid-40s but can be earlier



## MENOPAUSE

- Time after last period – 12 consecutive months



*Hormonal shifts, primarily decrease in estrogen, can cause hot flashes, night sweats, insomnia, mood swings and brain fog.*



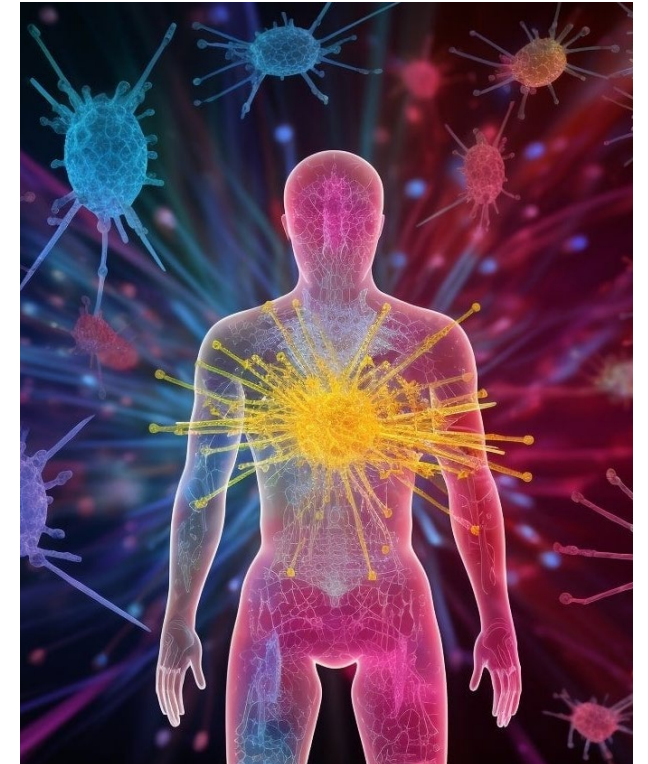
# Role of Estrogen in Bones and Joints

*Women are more likely to get arthritis and osteoporosis than men.  
Why?*

Possibly, because estrogen declines in menopause.

## **Estrogen:**

- Impacts inflammation
- Protects bones
- Affects synovial lining/cartilage (stiffer, inflamed joints)
- May mitigate pain response (more pain)



# Is It Arthritis or Peri/Menopause?



Trouble  
Sleeping



Heart Issues



Joint Pain



Anxiety/  
Depression



Bone Density



Brain Fog



Menopause can be mistaken for  
other conditions, too!



# Impacts on Inflammatory Arthritis Types (RA, PsA, AxSpA, Lupus, Gout)

Do shifting hormones make these conditions worse?

- There is limited data
- A survey through the National Rheumatoid Arthritis Society in the UK (n=779) revealed 80% of women reported their RA was worse during menopause
- Lupus flares may become less frequent in the peri/post-menopause



# Joint pain

Menopause accelerates onset and progression of OA.  
Women age 50-80 are 35% more likely than men to have OA.

**What about frozen shoulder?**  
Mostly impacts women age 40-60.

## THE THREE PHASES OF FROZEN SHOULDER



**PAINFUL  
FREEZING**



**STIFF  
FROZEN**



**GRADUAL  
THAWING**

Photo credit: bodyspec.com



# *What to Do to Help Symptoms*

# Hormone Replacement Therapy (HRT)

- Can help improve menopausal symptoms and joint pain
- Not one-size-fits-all
- Caution: Patients with increased cardiovascular/thrombosis risk
- Transdermal still low risk for most



Photo credit: [uchealth.org/today/hormone-therapy-menopause-signs-safety/](https://www.uchealth.org/today/hormone-therapy-menopause-signs-safety/)



**CANNOT Replace Arthritis  
Meds**



# Who Stands to Benefit?

## “Window of Opportunity”

- Women peri/post-menopausal
- Women over 60?
- Transdermal



Combined oral contraceptives mitigate bone loss in perimenopause.

HRT protects against bone loss and reduces fracture risk.

Arthralgia is not an FDA approved indication for HRT, but many women report reduced joint pain.





# Anti-Inflammatory Diet

- ✓ Focus on fruits, vegetables, and whole grains.
- ✓ **Eat the Rainbow!**
- ✓ Plant-based proteins, legumes, beans
- ✓ Healthy fats – i.e., olive oil
- ✓ Lean poultry and fatty fish
- ✓ Limit Sugar and Alcohol

*When in doubt, follow the rainbow!*



# Nutrients for Bone Health

## Consider:

- Get nutrients from food first
- Supplements not regulated by FDA
- Look for third-party tested - **Consumer Lab, USP, NSF**

## Most Studied

1	Calcium	Builds and maintains bone strength, density, & structure; most abundant mineral in the body	Critical	1,000 – 1,200 mg
2	Vitamin D	Required for calcium absorption & bone mineralization; Works with calcium, <i>dose-sensitive</i>	Critical	(600 IU – 800 IU)
3	Protein	Essential for optimal bone mass gain during growth & for preserving bone & muscle mass, including Collagen	Critical	1.2 - 1.6 g/kg of body weight



# Other Micro and Macro Ingredients

- **Calcium** 1000-1200 mg - dairy, cruciferous veggies, kale, bok choy; NOT spinach
- **Vitamin D** 600-800 IU daily from eggs, fatty fish, mushrooms, or supplement 2000 IU daily for decreased joint pain
- **Magnesium** 400 mg - helps activate vitamin D, sources leafy greens, seeds, whole grains
- **Vitamin K2** 100 micrograms/day - helps direct calcium to bones, sources organ meats, fermented foods, soft cheese, eggs
- **Fiber** - 30 grams of per day
- **Short chain fatty acids** - Inhibit bone break down



# Don't Overlook Hydration!

## Water is critical for:

- Regulating energy
- **Keeping joints lubricated**
- Brain function
- Skin health
- Mood
- Delivering nutrients to your tissues
- Detoxifying/removing waste
- **Don't wait until you're thirsty!**



Fruits and vegetables can help hydrate, too!



# Exercise Supports Joints & Bones

<b>Strength</b>	Protects the joints and bones
<b>Flexibility</b>	Improves mobility
<b>Balance</b>	Prevent falls and fractures
<b>Endurance</b>	Enhances fitness, core and stability



# Exercise Examples

## Strength Exercises

- Lifting weights
- Using weight machines
- Using elastic or resistance bands
- Using your own body weight - **sit to stand**, step ups
- Hiking down or up hills
- Stair climbing
- Low or High-impact aerobics
- Plank

## Flexibility Exercises

- Shoulder stretch
- Upper arm stretch
- Chest stretch
- Hip Stretch
- Calf stretch
- Yoga
- Pilates

## Balance Exercises

- Balance training – standing on one foot
- Heel-to-toe walk
- Tai chi
- Posture exercises
- **Sit to stand**
- Standing heel lifts

## Endurance Exercises

- Walking
- Jogging/Running
- Dancing
- Yard work (mowing, raking, digging)
- Hiking on level surfaces
- Elliptical training machines
- Stair-step machines
- Low or High-impact aerobics



# Let's Get Up and Move!

***Begin at your level and work up!***

After age 30, we lose 3-5% of muscle mass every decade. <sup>[1]</sup>



**Core & Leg  
Strength**



**Balance &  
Flexibility**



**Fall & Fracture  
Prevention**

[1] <https://www.health.harvard.edu/staying-healthy/preserve-your-muscle-mass>

# How to Get Started on a Treatment Plan

# When to Seek Care and By Whom

By mid-40s start putting together health care team. If you haven't started – that's OK! Still time!

In addition to your primary care doctor and OBGYN, consider:

- Orthopedist and/or Rheumatologist
- Certified Menopause Specialist
- Endocrinologist
- Physical Therapist
- Mental Health Specialist for stress management



# Therapies and Interventions

- Steroid injection
- PRP
- Viscosupplementation
- Joint Surgery – When is it time?



# Testing Milestones

## Hormone Testing

Not typically needed

## Labs

- Which labs to consider?
  - Screening for autoimmune conditions if concerned about a specific condition
  - Vit D

## Dexa Scans

- At least by 65, but may need earlier if history of low body weight, fracture or long-term steroid use
- Dr. Wittstein recommends at menopause!
- Start earlier if have a rheumatic disease or inflammatory arthritis

**Remember - every person is DIFFERENT**



# Preparing for Your Doctor's Appointment



Disease Information

Resource Center

Research

Advocacy

About Us

Get Involved

Ways to Give

Donate

Support Group in a Box

Online Support Communities

Nutrition Resources

Disability Tips

Patient Apps

Young Adults and Autoimmune Disease

Additional Resources

Education



FAQs

Caregiver Support



## Download Your Questions

Click "Customize Questions" to interactively choose which questions are right for you. Or print a PDF with all questions.

Customize Questions

[Download All Questions](#)



[autoimmune.org/resource-center/question-prompt-list/](https://autoimmune.org/resource-center/question-prompt-list/)



# What IF?! You Asked!

Can HRT protect cartilage?

What tips do you have weight-bearing exercise for women with joint pain and bone loss?

What pain-relief options are available for women who can not take NSAIDs?

How to discern hormone induced joint pain vs. arthritis flare?



# Quick Recap



Menopause/perimenopause can look like lots of conditions!



**HRT, as well as lifestyle interventions, can improve symptoms and quality of life!**



You may need more than one doctor to help manage all your symptoms



# More Resources

THE COMPLETE

# Bone *and* Joint Health Plan

Help Prevent  
and Treat  
Osteoporosis  
and Arthritis

JOCELYN WITTSTEIN, MD,  
and SYDNEY NITZKORSKI, MS, RD, CSSD



Champions of Yes

[americanbonehealth.org](http://americanbonehealth.org)  
[autoimmune.org](http://autoimmune.org)



# Questions?

1.800.283.7800 / [helpline@arthritis.org](mailto:helpline@arthritis.org)

- Better understand your disease
- Interpret your insurance coverage
- Connect with other people like you
- Get involved and Volunteer

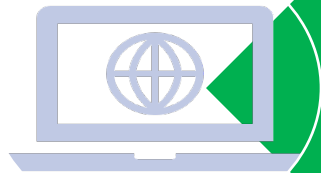


# Upcoming Webinars



Skin - Joint - Gut Connection  
July 23

Finding Your Way with JA  
Aug 27



Register Here:  
[Arthritis.org/webinars](https://www.Arthritis.org/webinars)



# Upcoming Virtual Connect Group Events

Chronic Pain

Every Monday,  
6pm ET

Newly  
Diagnosed

July 9  
7:30 ET

Rheumatoid  
Arthritis

July 9  
3:00 PM ET

Movement  
Matters

June 20  
12:00 PM

**Explore the more than 50+ in-person and online support groups.  
Find groups by topic, disease type and location here:**



[connectgroups.arthritis.org](https://connectgroups.arthritis.org)



# Thank You!

Take the survey and let us know what you think!

Join us next time – recordings:

**[Arthritis.org/webinars](https://www.arthritis.org/webinars)**

