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Disclosures



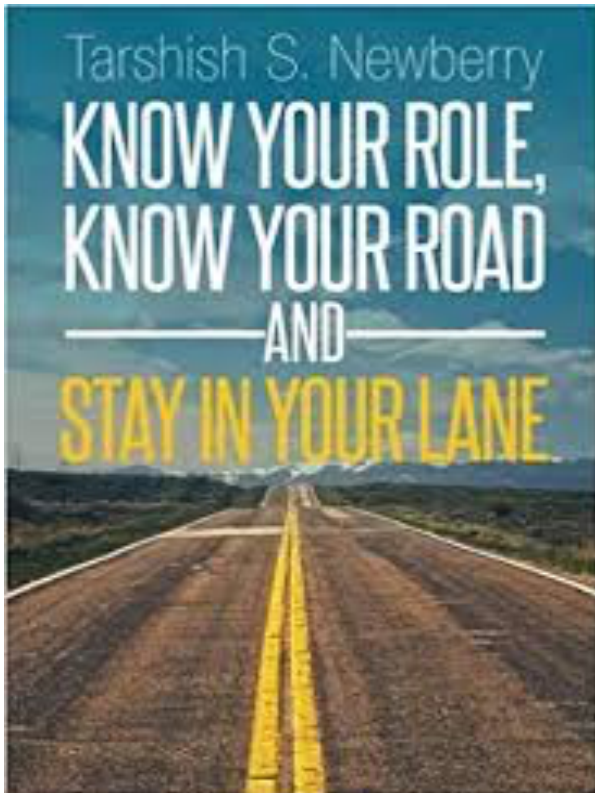
- **Research/Grants:** Sage Therapeutics, Inc.
- **Speakers Bureau:** Sage Therapeutics, Inc.
- **Consultant:** Asarina Pharma; Sage Therapeutics, Inc.
- **Advisory Board:** Asarina Pharma

Learning Objective 1

Consider hormone interventions across the lifespan.



Rule of Thumb



- Consult with primary care physician (PCP) or Ob/Gyn
- Be confident in your recommendations
- Remember: Hormones impact your organ of interest!
- **The BRAIN!**



Case Studies



Youth



- 15-year-old female started oral contraceptive pills (OCPs) 2 months ago
 - Indication: heavy bleeding and pain with menses
 - Not currently having vaginal intercourse but has a steady boyfriend
 - Good student, excellent athlete, no “frenemies”
- Now meets criteria for first-episode major depressive disorder (MDD)
 - No suicidal ideation but parents are very worried

Postpartum



- 25-year-old, first baby, severe depression
 - No previous history
 - Onset of depression when in relation to pregnancy/birth?
 - How far postpartum is she now?
 - Concern about suicidality?
 - Psychosis?
- Brexanolone, selective serotonin reuptake inhibitor (SSRI), serotonin and norepinephrine reuptake inhibitor (SNRI), mood stabilizer?

Premature Menopause



- 44-year-old post risk-reducing salpingo-oophorectomy (RRSO)
 - *BRCA1* positive, no history of cancer
 - RRSO at age 39
 - No previous psychiatric history
 - Concerns about organization and motivation at work, memory and concentration complaints
 - **Having trouble being productive at work**
- What would you do?
- What if she had a history of breast cancer?

Natural Menopause



- 53-year-old, last menstrual period was 11 months ago
 - No history of gynecologic or breast cancer
 - No previous psychiatric history
 - Moodiness, “not normal self,” insomnia, vasomotor symptoms, pain with intercourse, no suicidal ideation
 - Forgetfulness, word-finding problems
 - **Having trouble with interpersonal relationships**
- What would you do?

SMART Goals

Specific, Measurable, Attainable, Relevant, Timely



- Know how to discuss hormone status and options with patients and when to consult their PCP, oncologist, or Ob/Gyn.
- Document hormonal/reproductive considerations.
- Apply knowledge to all female patients.
- Conduct one hormone discussion/consideration this month.

Questions & Answers

Don't forget to fill out your evaluations to collect your credit.

