



SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

Facing Menopause & Cancer Webinar Follow Up 8/7/2020

With Dr. Suzanne Gilberg-Lenz, MD

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The following information is provided by Dr. Gilberg-Lenz as follow up to questions received during the webinar. Please note that she answered all questions to the best of her ability and if a question was omitted, you should consult your medical provider.

Website: <https://thedrsuzanne.com/>

Instagram: [@askdrsuzanne](https://www.instagram.com/askdrsuzanne)

Facebook: <https://www.facebook.com/askdrsuzanne>

Organizations that have Menopause Specialist Referrals:

International Society for the Study of Women's Health: <https://www.isswsh.org/>

North American Menopause Society: <https://portal.menopause.org/>

Recommendations for Lubricants, Supplements, Oils & Cannabis:

Will you share the link for the cannabinoid discount?

www.cannapyhealth.com

Discount code is gilberg1

What was the name of the company mentioned in conjunction with intermittent fasting?

prolonfmd.com

This should be done with doctor supervision or recommendation only.

Good Clean Love and Uberlube are lubes I like.

Magnesium Glycinate is the type of magnesium I recommend.

Book Recommendation:

The XX Brain by Dr. Lisa Marconia

Remaining Questions:

I have been treated very effectively for menopause symptoms with bioidentical hormones. I do not have cancer. I am an oncology social worker. What do you know about whether/how this can be used to help breast cancer survivors with menopause symptoms?

Must be addressed by individual providers in general. Any hormone receptor positive breast cancer should not be treated with systemic hormones.

What to use instead of soap in shower?

Warm water ONLY

What do you think about Lavender Oil?

Too general- large amounts of lavender are known to be hormone disrupters but I wouldn't worry about small amount in products- never consume orally, limit topical use.

Any thoughts on macca? especially for libido?

Minimal data- need to discuss with a trained medical professional.

My libido is always ZERO .. completely non-existent with hormonal breast cancer... other than rustles, any natural herbs/suggestions to help?

Need to discuss with trained med pro- having said that - if pain is reduced and pleasure increased libido may increase as well- for many in long term relationships it also requires a group effort- make a date to do it and if it's enjoyable you'll be motivated to do it more often.

If someone went through treatment at age 30.. are they more likely to go through early menopause? How does this change for triple negative?

As I stated in talk- chemo of any type may induce earlier menopause.

What about hair loss and texture changes?

Common to aging and menopause- difficult to address- some supplements like nutrafol and topicals in addition to minoxidil can be explored with your dermatologist or aesthetician.

What about Replense for Vag dryiness?

Sure this works.

How about Evista?

Too generic- seek medical advice.

Do you have any reservations about treating with herbal supplements during cancer treatments?

This must be vetted with treating oncologist.

Ristela pharma said not good for people with cancer

Haven't seen that - definitely not ok for cardiac patients.

I saw a study that said CBD interferes with metabolizing tamoxifen. Do you have any information about this?

I don't. There is emerging data all the time.

An oncology nurse friend told me that there is a contraindication for cannabinoids and TDM-1; is there evidence to support this?

See above- ultimately your treating practitioners should have the final say.

I've heard THC isn't good for estrogen positive cancers .. is there truth to this?

See above.

If you are already on Effexor, do you need to stop taking it before starting the herbal supplements?

Nope! (It's always good to check with your doctor)

What oil do you use with essential oil? leave on the body? What is this called?

This is a huge topic- too broad to cover but basically for inhalation or in a carrier oil- I love rose oil.

Please click this [link](#) to view the full recording of the webinar.

