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## Menopausal hormonal therapy and pelvic floor disorders

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Finally, the global consensus statement on Menopausal Hormonal Therapy (MHT) came out in 2013 with a solid evidence to ensure the efficacy and safety of MHT when used within the recommendations provided. It, also states that "The option of MHT is an individual decision in terms of quality of life and health priorities". There was no mention of its use for a very disturbing age related complication of menopause which is Pelvic Floor Disorder (PFD). The three most common and definable pelvic floor disorders are urinary incontinence, anal incontinence and pelvic organ prolapse. It is estimated that at least one-third of adult women are affected by at least one of these conditions. Although most gynecologists consider surgery to be the treatment of choice for PFDs, the current literature is piling up new evidences that need to be considered such as:

1. There is increasing evidence from animal and human studies that sex steroids have an important effect on the female pelvic floor during adult life.
2. Estrogen receptor expression has been demonstrated in levator ani muscle.
3. Post-menopausal urogenital estrogen deficiency, manifested as atrophic vaginal changes and a variety of urinary symptoms is a widely accepted phenomenon.

Hence, there must be a place for MHT in the management of PFDs. Earlier studies were disappointing. However, more recent ones, utilizing modern tonimetric equipment and neurophysiologic instrumentation, show promising results when MHT was used.

## Biography

Hisham Arab is a Senior Consultant Gynecologist in private practice in Jeddah, Saudi Arabia. He received his postgraduate training in Obstetrics and Gynecology in Canada. Since his return to his homeland he pursued the role of women health advocate. He advanced the Science of Obstetrics and Gynecology in Saudi Arabia and pioneered many clinical and research achievements. He wrote extensively in Arabic and English language on 5 major topics: Menopause, Genital Infection and Hygiene, Diabetes, Endometriosis, and Infertility. He is a Founder and the Secretary General of the Saudi Obstetrics and Gynecological Society (SOGS).

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