# Denise Asks Awkward Questions – Menopause at the Logies

**Denise:** Hello everybody. I'm comedian Denise Scott and welcome to Denise Asks Awkward Questions with Jean Hailes. Today's guest is the clinical director of Jean Hailes, Dr. Liz Farrell. She has qualifications I can't even pronounce, but let's just say she is brilliant, and she has been a world leader in women's health for over 40 years. All right, it's time to get awkward.

Liz, the hot topic from our listeners is clearly menopause, no pun intended. So let's get into it. The first question is from Elizabeth in King Island, Tasmania. She asks, "Should everyone that goes through menopause use MHT?" And Liz, here's a question for you from me. What is MHT?

**Liz:** So, MHT is the latest abbreviation for Menopause Hormone Therapy equaling Hormone Replacement Therapy, HRT. So it's, it's just a new way of saying it's therapy... it's hormones for the menopause. And not everybody necessarily is put onto Menopause Hormone Therapy, MHT, and the reason for that is that the indication for using MHT are severe menopause symptoms impacting on a woman's quality of life.

So, for example, I can say when I've had my menopause, I had the odd hot flush and I hated it. So I wanted to go on some hormones at that stage. Because I hated it and it impacted on my life. Now, somebody might have exactly the same set of symptoms as me, or similar, but says I'm happy. But the woman who says I can't function, I'm waking up 10 times a night or five times a night. I don't get any restful sleep. My brain is foggy. I'm having really difficult issues with my mood. I'm so cranky. I'm snapping at everybody and my bones are aching and my skin's itchy. And I really can't manage, so, so it's about a woman's assessment of how her symptoms are impacting on her ability to function normally.

**Denise:** You know, Liz, when you said about hot flushes, I never experience them, but to this day, I'll never forget getting on a tram where I met a woman who I knew. And, clearly she was having hot flushes and sweating a lot, and she must have just henna-d her hair because as we travelled on the tram, henna started dripping down her face. And we were both so embarrassed that I couldn't... I got off the tram, I didn't know what to do, but it was an extreme and embarrassing nightmare of a situation.

**Liz:** And these days, so many women around the age of menopause, which in our country on an average is about between 51 and 52. Many, many women have high pressured positions these days, and you can't sit in a meeting with that happening to you.

**Denise:** Oh, can I tell you what happens at the Logies? I have seen a certain celebrity, of a certain age standing at the, you know, the hand dryer at, in the Logies toilets wringing out her underpants. There's a story for you. Her hot flushes were that extreme. Hot off the press. God, I've never seen anything like it. She was...

**Liz:** So why wasn't she on some treatments?

**Denise:** I don't know. She was dripping like absolutely her whole outfit dripping.

**Liz:** She needs MHT.

**Denise:** MHT. Mm-hmm.

All right. That's it for today. If I'm not here and you have more questions, go to Menopause at the Logies jeanhailes.org au. Bye everybody.

Information about Jean Hailes for Women’s Health

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