

Chemically induced Menopause

Chemical menopause is a temporary, reversible menopause which can be induced through the administration of Gonadotrophin-releasing hormone (GnRH) analogue injections.

These are used for the management of several gynaecological conditions including Endometriosis. They are sometimes given prior to or after laparoscopic surgery. These injections are also used to treat prostate cancer in men by reducing testosterone levels.

GnRH analogues stop the ovaries from being stimulated and the production of oestrogen resulting in a menopausal state known as anovulation. Whilst this can help symptom management by reducing and ultimately stopping heavy menstrual bleeding, there are also side effects related to decreased oestrogen levels. These are like menopause symptoms, including hot flushes, mood swings, depression and vaginal dryness.

The use of GnRH injections is limited to six months due to the risk of osteoporosis. However, this risk and the menopausal symptoms can be reduced using HRT (hormone replacement therapy).

Additional resources:

- [GnRH Analogue Injections](#) (NHS Manchester University)
- [Induced menopause in women with endometriosis](#) (Women's Health Concern)
- [Lowri's Story](#) (Endometriosis UK)