

Wakefield District Women's Health Leads

Case Study

Menopause and Liver Adenomas



Patient:

49-year-old female

Presenting issue:

Menopause symptoms

History



Previous liver adenomas diagnosed in a different country.

No information available regarding previous adenomas.

Advised against hormone therapy in the past. Tried non-hormonal methods for menopause symptom relief.

Women's health leads process



Outline of the issue sent to group prior to meeting

MDT discussion with Dr Veena Kaul, Consultant Gynaecologist, Mid Yorks Teaching NHS Trust as minuted action at Wakefield District Women's Health Leads monthly meeting

Advice



- Oral contraceptives are contraindicated.
- Limited information on HRT use with adenomas.
- Testosterone is contraindicated.
- Estrogen can stimulate adenoma growth, leading to pain and bleeding risk.
- No evidence of increased risk of malignant transformation.

Outcome



Plan is to request advice from hepatology then discuss the risks with the patient.

If the patient did opt for HRT, after hepatology advice, it is likely the patient would need closer monitoring with imaging for growth