

Endokrinologie und Gender Medicine

Marius Kraenzlin
 Endokrinologische Praxis & Labor, Basel
 und
 Klinik für Endokrinologie, Diabetes und klin. Ernährung
 Universitätsspital Basel

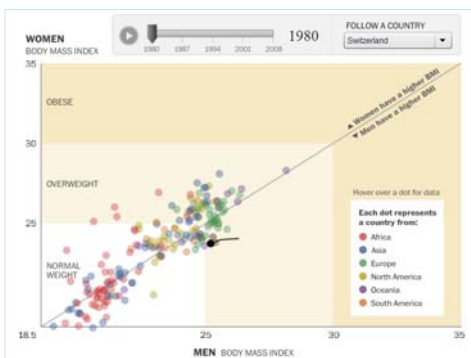
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Endokrine Erkrankungen und Gender Medicine

- ▶ Übergewicht
- ▶ Schilddrüse
- ▶ Primärer Hyperparathyroidismus
- ▶ Sexualhormone: Menopause vs Andropause
- ▶ Knochen
- ▶
- ▶

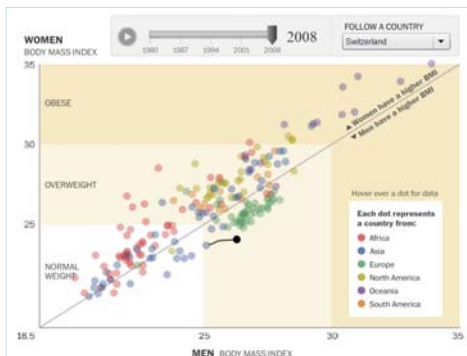
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Weight of the World 1980



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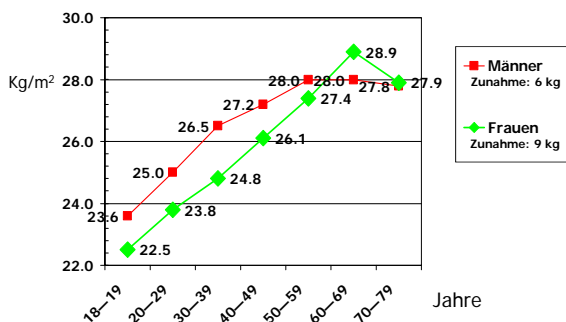
Weight of the World 2008



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BMI nach Alter und Geschlecht

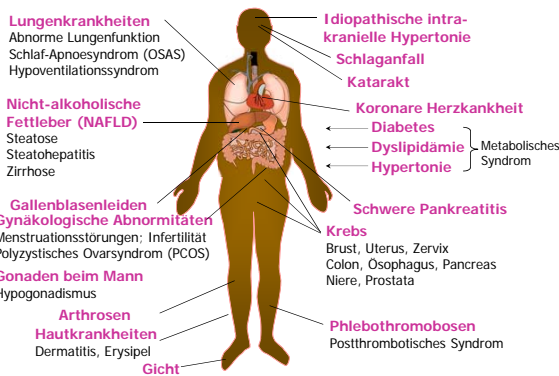
Bundes-Gesundheits-Survey 1998, Deutschland West (n=7124)



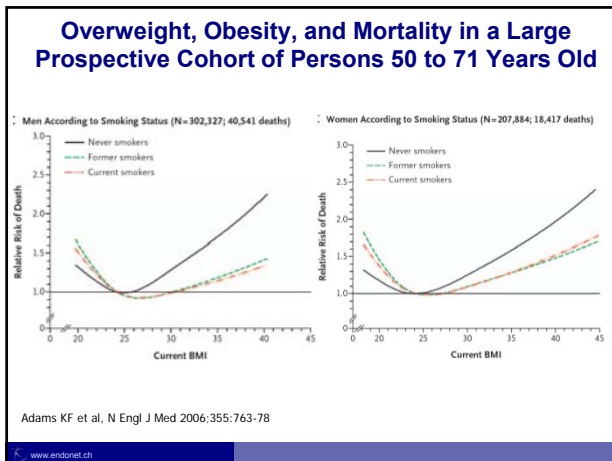
Bergmann KE et al, Gesundheitswesen 61: 115-120, 1999

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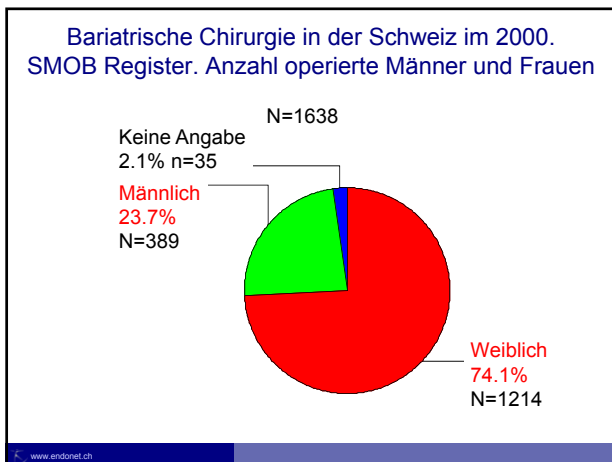
Komplikationen der Adipositas



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- ### Soziale Komplikationen der Adipositas v.a. bei Frauen !
- ▶ Job- Diskriminierung
 - ▶ Isolation, Vereinsamung
 - ▶ verminderte Auswahl von Kleidern
 - ▶ Beeinträchtigung des Sitz- und des Bewegungsvermögens (Sport, Schwimmen etc)
 - ▶ verminderte Körperhygiene
 - ▶ Einschränkungen im Sexualleben
- www.endonet.ch



- ### Predictive factors of mortality in bariatric surgery: (Nationwide US Inpatient Sample, 2006-2008)
- ▶ Insgesamt 304'515 Patienten wurden einer bariatrischen Operation unterzogen.
 - ▶ 80% der Patienten waren Frauen, 20% Männer.
 - ▶ Die Mortalität war bei Männern 70% höher als bei Frauen (Multivariate Regression).
- NT Nguyen et al, Surgery 2011;150:347-51
- www.endonet.ch

- ### Schilddrüsenerkrankungen
- ▶ Struma
 - ▶ Funktionsstörungen: Hypo- und Hyperthyreose
 - ▶ Schilddrüsen-Knoten: benigne vs.- Schilddrüsen-Ca
 - ▶ Thyreoditis
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Prevalence of Thyroid Disease by Age

The incidence of thyroid disease increases with age

	Elevated TSH, % (Age in Years)						
	18	25	35	45	55	65	75
Male	3	4.5	3.5	5	6	10.5	16
Female	4	5	6.5	9	13.5	15	21

Canaris G.J. et al. Arch Intern Med. 2000;160:523-534.

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Prevalence of Thyroid Disease by Gender

- ▶ Studies conducted in various communities over the past 30 years have consistently concluded that thyroid disease is more prevalent in women than in men
 - The Wickham survey, conducted in the 1970s and later followed-up in 1995, showed the prevalence of undiagnosed thyrotoxicosis was 4.7 per 1000 women and 1.6 to 2.3 per 1000 men
 - The Framingham study data showed the incidence of thyroid deficiency in women was 5.9% and in men, 2.3%
 - The Colorado study concluded that the proportion of subjects with an elevated TSH level is greater among women than among men

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Prevalence and Incidence of Mild Thyroid Failure

- ▶ Prevalence
 - 4% to 10% in large population screening surveys
 - Increases with increasing age
 - Is more common in women than in men
- ▶ Incidence
 - 2.1% to 3.8% per year in thyroid antibody-positive patients
 - 0.3% per year in thyroid antibody-negative patients

McDermott MT, et al. J Clin Endocrinol Metab. 2001;86:4585-4590.
 Caraccio N, et al. J Clin Endocrinol Metab. 2002;87:1533-1538.
 Biondi B, et al. Ann Intern Med. 2002;137:904-914.

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Prevalence of Subclinical Thyroid Disease

	Subclinical Hypothyroidism			Subclinical Hyperthyroidism		
Women	USA	All ages	5.8%	USA	>60 yrs	1.5%
	GB	18-44 yrs	4-5%	Germany	50-80 yrs	5.9%
		45-74 yrs	8-10%			
		>75 yrs	17.4%			
Men	USA	All ages	3.4%	USA	>60 yrs	1%
	GB	18-65 yrs	1-3%	Germany	50-80 yrs	6.3%
		>65 yrs	6.2%			

Hollowell et al. J Clin Endocrinol Metab 2002; 87: 489
 Tunbridge et al. Clin Endocrinol 1977; 7: 481
 Helfand et al. Ann Intern Med 1998; 129: 144
 Seck et al. Med Klin 1997; 15: 642

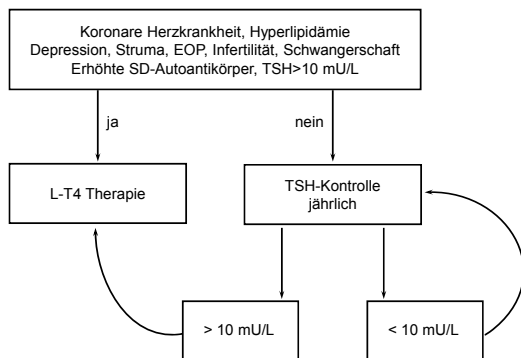
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Hypothyreose: Ursachen

- ▶ **Thyreoiditis**
 - Autoimmun-Thyreoiditis (Hashimoto)
 - postpartale lymphozytäre Thyreoiditis, "silent thyroiditis"
 - subakute granulomatöse Thyreoiditis (De Quervain)
- ▶ **Medikamente**
 - Amiodaron, Lithium
- ▶ **Iatrogen**
 - Thyreidektomie, Radiojod-Therapie (Rx SD-Ca, Hyperthyreose)
 - Radiotherapie
- ▶ Kongenital (SD-Hypoplasie, Hormon-Synthesestörung)
- ▶ Iodmangel
- ▶ **Zentral:** Hypophyse / Hypothalamus

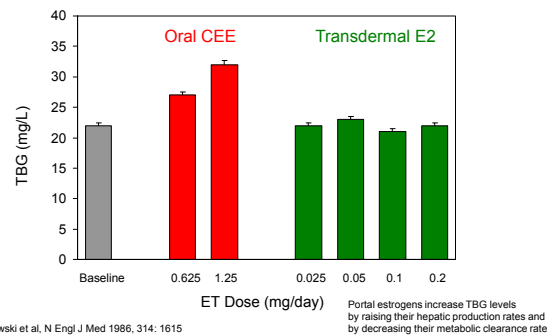
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Management der subklinischen Hypothyreose



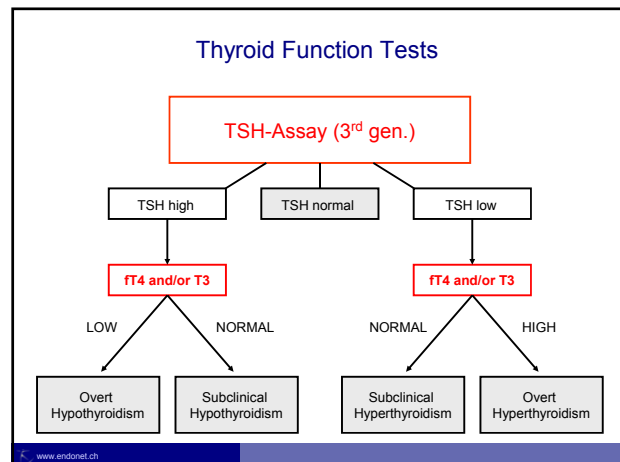
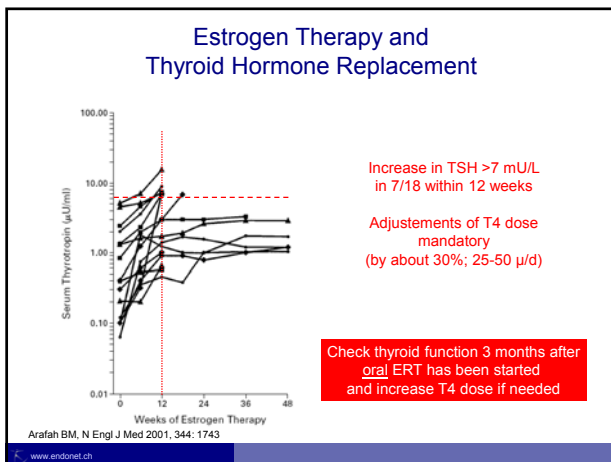
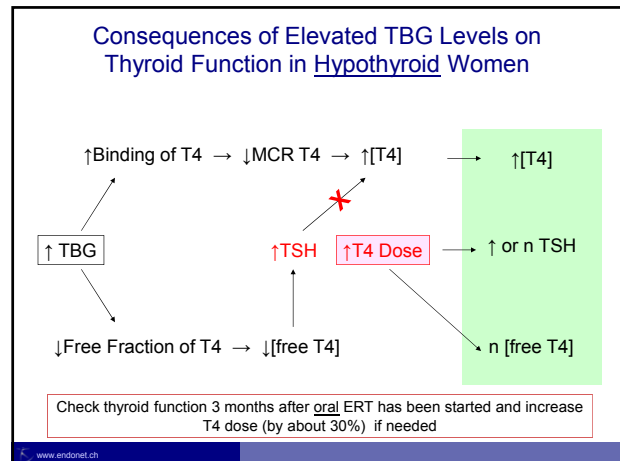
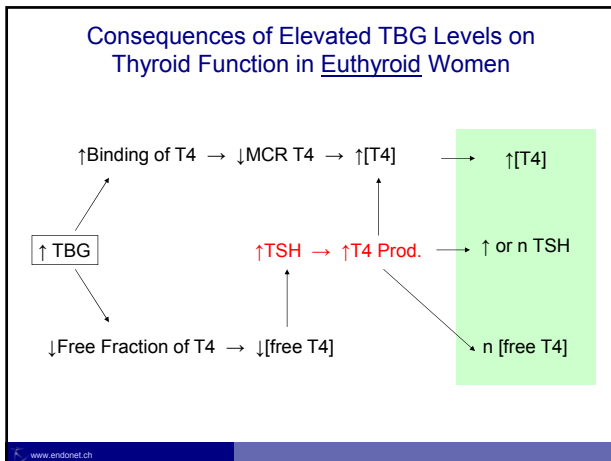
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Effect of Oral Estrogens on TBG Levels



Chetkowski et al. N Engl J Med 1986; 314: 1615

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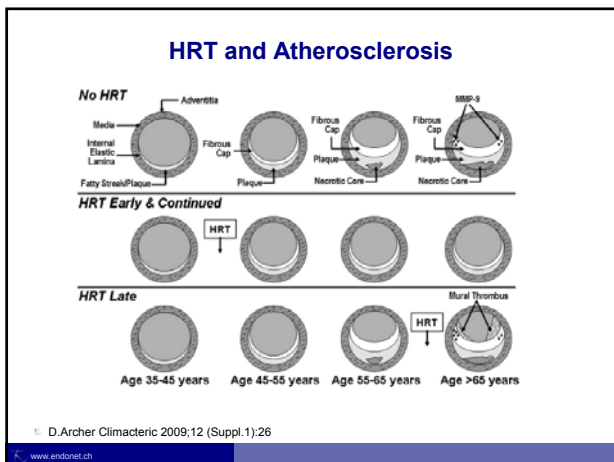
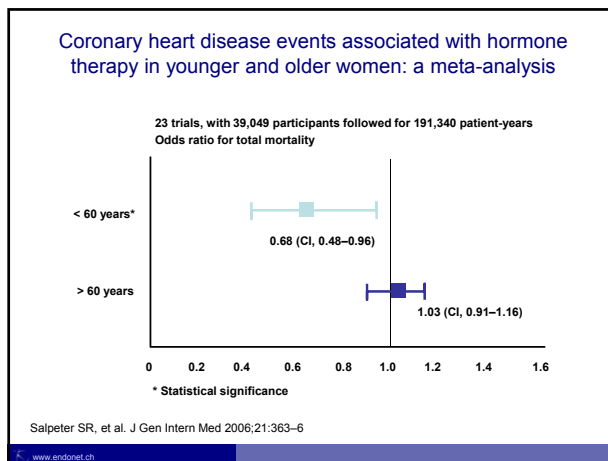
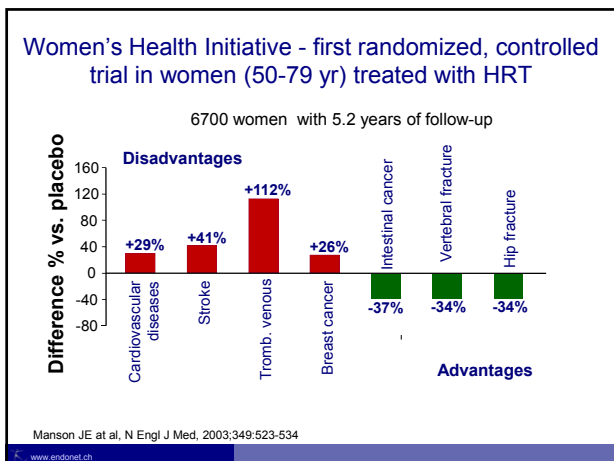


- ### Thyroid Carcinoma
- Incidence
 - Thyroid carcinoma occurs relatively infrequently compared to the common occurrence of benign thyroid disease
 - Thyroid cancers account for only 0.74% of cancers among men, and 2.3% of cancers in women in the US
 - The annual rate has increased nearly 50% since 1973 to approximately 18 000 cases
 - Thyroid carcinomas (percentage of all US cases)
 - Papillary (80%)
 - Follicular (about 10%)
 - Medullary thyroid (5%-10%)
 - Anaplastic carcinoma (1%-2%)
 - Primary thyroid lymphomas (rare)
 - Metastatic from other primary sites (rare)
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Consequences of oestrogen loss

Symptoms (early)	Hot flushes Insomnia Irritability Mood disturbances
Physical changes (intermediate)	Vaginal atrophy Stress (urinary) incontinence Skin atrophy
Diseases (late)	Osteoporosis Cardiovascular disease Dementia of the Alzheimer's type Cancers

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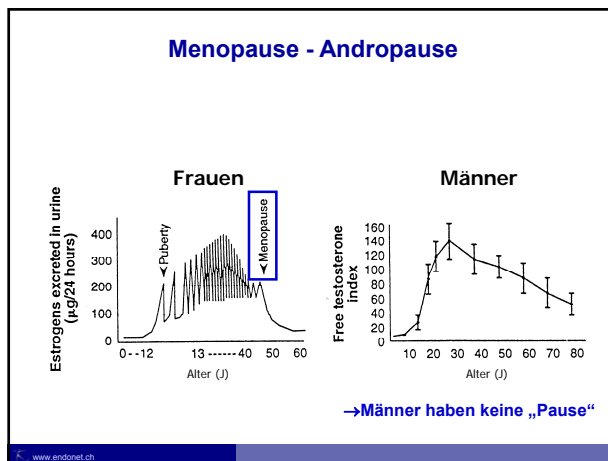
WHI: Hysterectomized Women

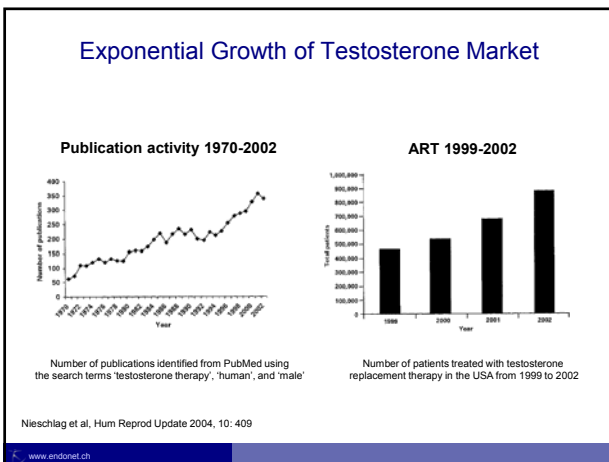
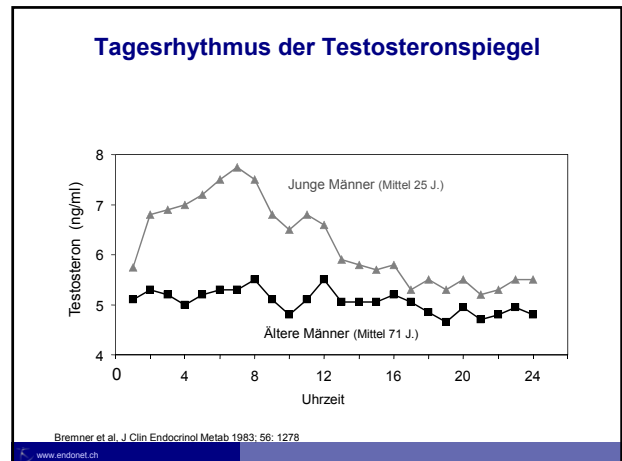
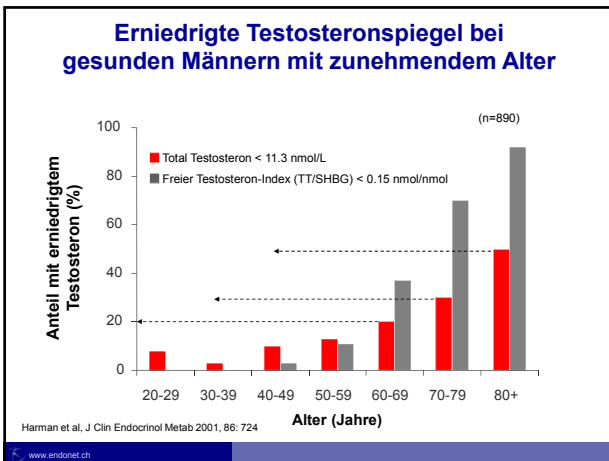
- 10'739 women; 50-79 years of age
- CEE 0.625 mg/d or placebo

CHD	0.91 (0.75 - 1.12)
Breast Cancer	0.77 (0.59 - 1.01)
Stroke	1.39 (1.10 - 1.77)
Hip Fracture	0.61 (0.41 - 0.91)
Global Index	1.01 (0.91 - 1.12)

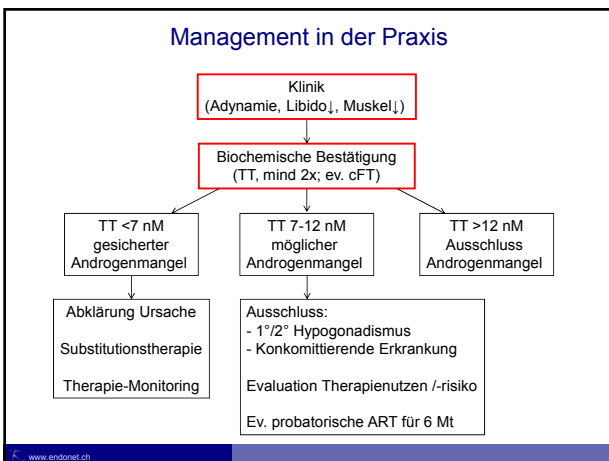
JAMA 2004; 291:1701

- ### Recommendations for Use of HRT
- ▶ Menopausal symptoms / fracture prevention
 - ▶ Cardiovascular disease prevention: not sustainable
 - ▶ Avoid in presence of cardiovascular risk factors
 - ▶ Breast cancer / venous thromboembolism advice unchanged
 - ▶ Hysterectomized women uncertain





- ### SYMPTOME DES CLIMACTERIUM VIRILE
- ▶ Antriebslosigkeit ↓, allg. Wohlbefinden ↓
 - ▶ Depression, Schlafstörungen
 - ▶ Nervosität, Hitzewallungen
 - ▶ Kognitive Funktionen ↓
 - ▶ Libido ↓
 - ▶ Erektile Dysfunktion
 - ▶ Muskelkraft ↓, Muskelmasse ↓
 - ▶ Fettmasse (v.a. visceral)
 - ▶ Knochendichte ↓



- ### CLIMACTERIUM VIRILE
- ▶ Das Climacterium virile entwickelt sich graduell über Jahre, Beginn ab ca. 40 J., mit einer Abnahme von testikulären und adrenalen Androgenen, und von Wachstumshormon
 - ▶ Der Grad der Hormonveränderungen ist individuell variabel, ebenso die davon stammenden Beschwerden
 - ▶ Am ehesten wird der Hypogonadismus (Testosteronmangel) therapiebedürftig; allerdings gibt es über die Auswirkung einer Testosteron-Substitution wenig Langzeitdaten (>3 J.)

Potentielle Vorteile einer Testosteron-substitution beim alternden Mann

- ▶ Knochenmasse , Frakturrisiko ↓
- ▶ Muskelmasse
- ▶ Muskelkraft , allg. körperl. Funktion
- ▶ Libido , Sexualfunktion
- ▶ Wohlbefinden , Stimmungslage
- ▶ Verbesserung des Lipidprofils (LDL-Cholesterol, Total cholesterol, Lp(a), TG)
- ▶ Fettmasse (visceral) ↓, Insulinsensitivität

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Potentielle Risiken einer Testosteronsubstitution beim alternden Mann

- ▶ Prostatakarzinom, -hyperplasie
- ▶ Polyglobulie
- ▶ Flüssigkeitsretention
- ▶ Schlaf-Apnoe-Syndrom
- ▶ Gynäkomastie
- ▶ Hepatotoxizität
- ▶ HDL-Cholesterin ↓
- ▶ Risiko Herz-Kreislauf-erkrankungen (?)

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Wann soll ein älterer Mann mit Testosteron behandelt werden ?

- ▶ Androgenmangel-assoziierte Beschwerden.
- ▶ Testosteronkonzentration erniedrigt, z.B. unter 11 nmol/L.
- ▶ Primäre Ursachen abgeklärt oder ausgeschlossen (z.B. klinischer Status; LH, PRL).
- ▶ Risiken einer Testosterontherapie erklärt.

(s. Review: Bhasin et al, JCEM 82:3, 1997)

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Frakturrisiko zu Lebzeiten bei Frauen und Männern >50 Jahre

	Frauen (%)	Männer (%)
USA	39.7	13.1
Schweden	46.4	22.4
Australien	56.0	29.0
Schweiz	51.3	20.2

Jede 2. Frau Jeder 5. Mann

Melton et al, J Bone Miner Res 1992, 7: 1005
 Jones et al, Osteoporos Int 1994, 4: 277
 J.Kanis et al, Osteoporos Int 2000, 11: 669
 K.Lippuner et al, Osteoporos Int, 2008;pub
 R.Rizzoli et al. Swiss Med. Forum 2008;8(Suppl.45): 1-12

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Fracture mortality

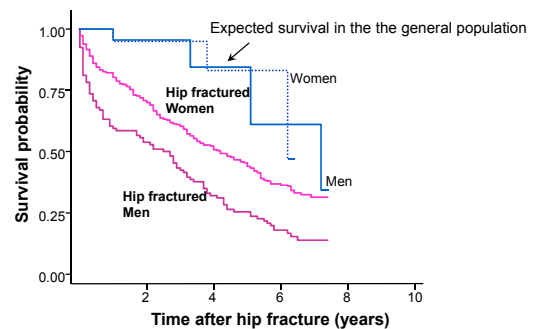
Standardised mortality ratio by gender and fracture type

Fracture type	Standardised mortality ratio (95% CI)
Women	
Proximal femur	2.18 (2.03-2.32)
Vertebral	1.66 (1.51-1.80)
Other major	1.92 (1.70-2.14)
Minor	0.75 (0.66-0.84)
Men	
Proximal femur	3.17 (2.90-3.44)
Vertebral	2.38 (2.17-2.59)
Other major	2.22 (1.91-2.52)
Minor	1.45 (1.25-1.65)

Center J et al. Lancet 1999; 353 (9156):878-882

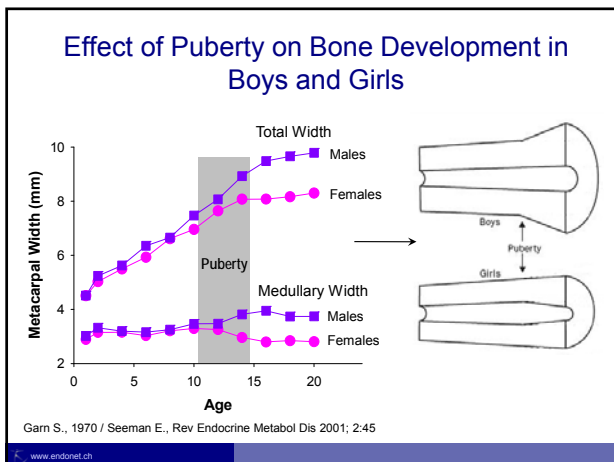
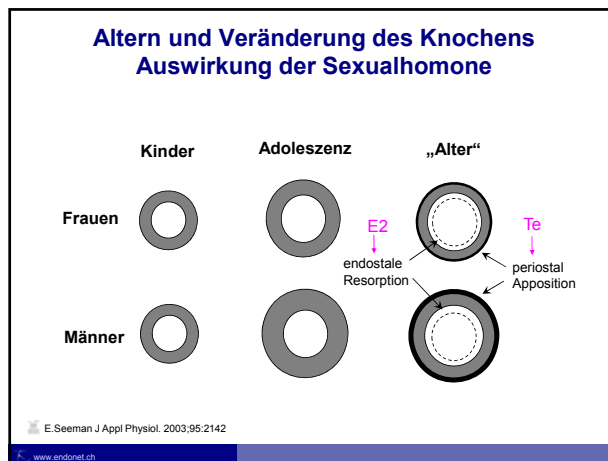
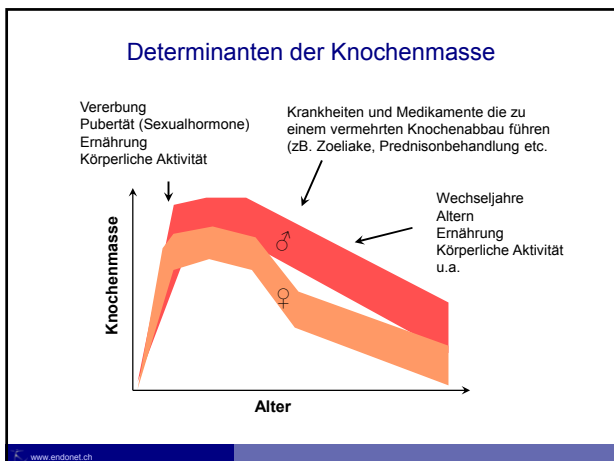
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Survival after Hip Fracture



A.Trombetti et al. Osteoporos Int. 2002;13:731

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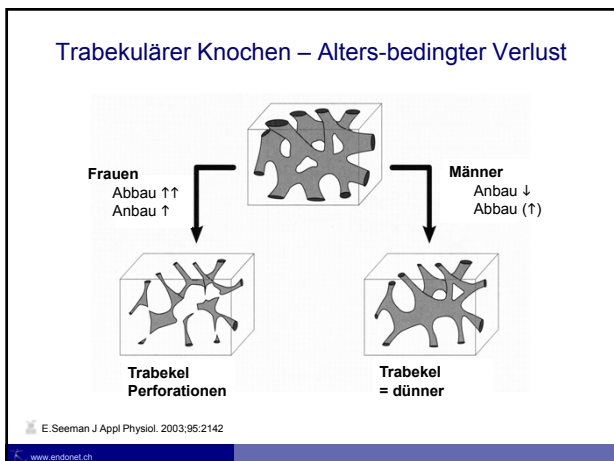


Strength of Bone – Section Modulus (SM)

$$SM = \pi/4 r_o^3 [1 - (r_i/r_o)^4]$$

$r_o = 1.6\text{cm}$ $r_i = 1.2\text{cm}$ $\rightarrow SM = 2.2$
 $r_o = 1.7\text{cm}$ $r_i = 1.2\text{cm}$ $\rightarrow SM = 2.9 (+32\%)$
 $r_o = 1.6\text{cm}$ $r_i = 1.3$ $\rightarrow SM = 1.8 (-18\%)$

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Case-Finding Strategie Indikation zur Diagnostik - Densitometrie

Frauen	<50 Jahre	50-60 Jahre	>60 Jahre
Männer	<60 Jahre	60-70 Jahre	>70 Jahre
Wirbelfraktur(en)	+ (D)	+ (A)	+ (A)
Orale Glukokortikoide ≥ 5.0 mg Prednisolonaquivalent ≥ 3 MI	+ (A)	+ (A)	+ (A)
Cushing-Syndrom	+ (B)	+ (B)	+ (A)
Primärer Hyperparathyreoidismus (pHPT)	+ (B)	+ (B)	+ (B)
Hypogonadismus (auch vorzeitige Menopause <42 Jahre)	+ (B)	+ (B)	+ (B)
Therapie mit Glitazonen bei Frauen		+ (D)	+ (A)
Nichtvertebrale Fraktur(en) nach dem 50. Lebensjahr		**	+ (A)
Therapie mit Aromatasehemmern		**	+ (A)
Antiandrogene Therapie		**	+ (A)
Rheumatoide Arthritis		**	+ (A)
Proximale Femurfraktur eines Elternteils			+ (B)
Untergewicht (BMI <20)			+ (A)
Nikotinkonsum*			+ (A)
Multiple Stürze (mehr als 1x in letzten 12 Monaten)			+ (A)
Immobilität (kann ohne fremde Hilfe nicht ins Freie)			+ (A-B)
Diabetes mellitus Typ 1			+ (A)
TSH-Werte <0,3 mU/l			+ (B)

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Prevalence of secondary osteoporosis in men

UK	41%	(A.Scane et al. Osteopor Int 199;9:91)
UK	54%	(S.Baillie et al. Age Ageing 1992;21:39)
UK	57%	(R.Francis et al. Bone Miner 1989;5:347)
USA	33%	(E.Seeman et al. Am J Med 1983;75:977)
Germany	62%	(J.Ringe et al. Deutsch Med Wschr 1994;119:943)
Spain	78%	(P.Perin et al. Br J Rheumatol 1995;34:936)
Switzerland	43%	(M. Kraenzlin 2001)

(Prevalence of 2° Op in women ±20%)

Bisphosphonate – Indikationen

Perorale Präparate

	Alendronat Fosamax® 70 mg, wöchentlich	Ibandronat Bonviva® 150 mg, monatlich	Risedronat Actonel® 35 mg, wöchentlich
Postmenopausale Osteoporose	+	+	+
Osteoporose des Mannes	+	-	+
Steroidinduzierte Osteoporose	+	-	+

Parenterale Präparate

	Ibandronat Bonviva IV® 3 mg, 3-monatlich	Zoledronat Aclasta® 5 mg, jährlich	Pamidronat Aredia®
Postmenopausale Osteoporose	+	+	-
Osteoporose des Mannes	-	+	-
Steroidinduzierte Osteoporose	-	+	-

Behandlung der Osteoporose beim Mann nach einer Hüftfraktur

