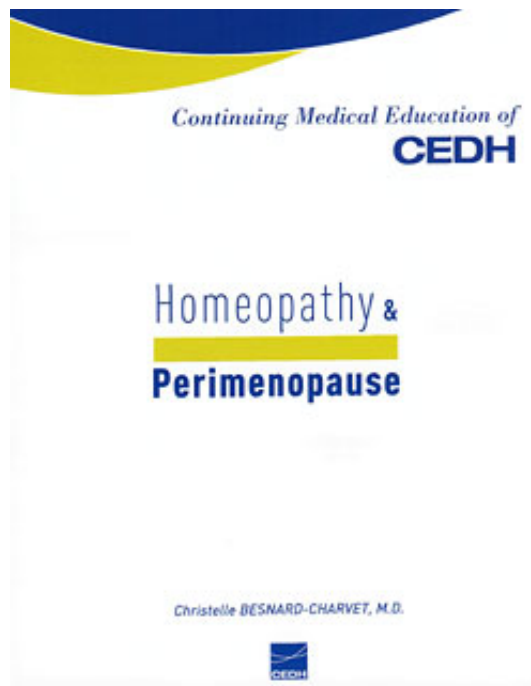


Christelle Besnard-Charvet Homeopathy & Perimenopause

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Introduction

Her gynecologist refers Mrs. J to me for her hot flashes. This 49-year-old patient had breast cancer surgery at the age of 44; her cycles are regular. She also complains about mood disorders, fatigue, sleep disorders and swelling before her periods. For this type of consultation homeopathy is very useful. The diagnosis of symptoms linked to perimenopause is obvious from the patient's interview.

The main question is: Should we treat perimenopause⁷⁷⁻⁸³ ? It is not a disease but rather a physiological evolution, a stage in a woman's life just like puberty or pregnancy. The patients are not sick; thus we cannot speak of "cure".

When the symptoms are not bothersome, no treatment should be proposed except suggesting some healthy lifestyle habits. However if some disturbing symptoms arise, it is our role as physicians to help our patients overcome this stage of life, ineluctably leading to menopause. We are not here to judge or decide for our patients that perimenopause is obviously bearable since it is a physiological state.

When we started offering epidural anesthesia, how many times, as an obstetrician did I hear the anesthetist, the husband, the mother or the midwife say: "We can very well give birth without anesthesia since others did before us and it is a natural process!" Same thing with morning sickness, before using homeopathy, I had told my patients several times "Be strong, in three months it will be over". But if we can relieve labor pain, reduce morning sickness, treat the bothersome symptoms of perimenopause, why deprive our patients of this therapeutic solution?

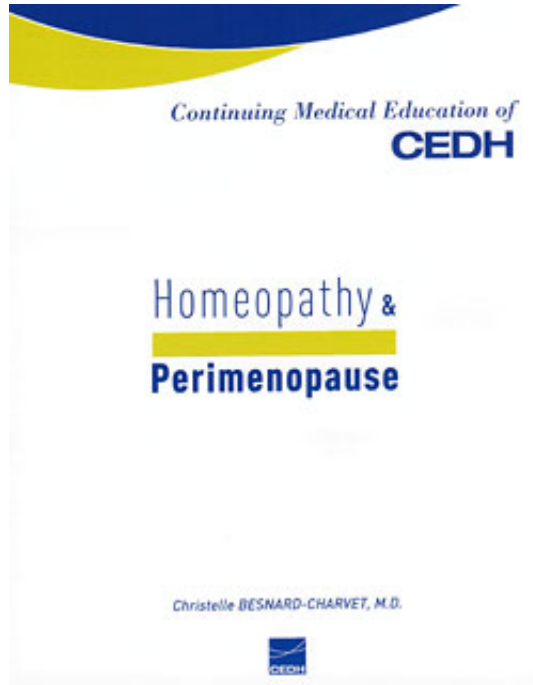
I am convinced that if patients are able to cope with perimenopause in their body, they will also be able to cope with it mentally and vice versa. I'm also quite sure that with homeopathic therapeutic I'm playing a preventive role towards the onset of diseases linked to stress or imbalance (cardiovascular or metabolic disorders, depression, tumors growth...).

Dr. Christian Jamin in his introduction on perimenopause⁽⁵⁸⁾, perfectly identifies this stage of life: "this interesting period on a pathophysiological level, is hard to deal with because of the various symptoms felt by the patients, it is also quite complex for physicians to provide a proper and adapted therapeutic care". I will add: "interesting time period for homeopathic physicians since they have the possibility to improve with therapeutic care their patients' complex symptoms".

For the homeopathic physician, multiple symptoms are sometimes very similar to the pieces of a puzzle needing to be put together to point towards a unique medicine, corresponding to a treatment for the patient as a whole. However, this requires clinical experience as well as a good understanding of perimenopause and homeopathic medicines to progressively treat all symptoms.

We will start by a quick review of perimenopause before studying the various homeopathic medicines used to treat the symptoms. Using my patients' clinical cases I will try to explain my reasoning leading to the choice of one or more medicines.

This book reflects my daily clinical practice in medical gynecology.



Christelle Besnard-Charvet

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