Menopause Transition

Content Outline

1. Perimenopause and Menopause Onset
   A. Natural onset
   B. Early onset
   C. Surgical onset
   D. Risk factors that affect onset
      1. Smoking
      2. Race
      3. Socioeconomic status
      4. Weight

2. Physiological Changes of Menopause Transition
   A. Menstrual irregularity
   B. Fluctuating fertility
   C. Vasomotor symptoms
   D. Sleep disturbances
   E. Depression and anxiety
   F. Urogenital symptoms
   G. Sexual dysfunction

3. Treatment of Menopausal Symptoms
   A. Hormonal therapy
      1. Estrogen (oral and intravaginal)
      2. Testosterone
   B. Non-hormonal therapy
      1. Vaginal lubricants
      2. SSRIs

4. Medical Risks
   A. Cardiovascular and thrombolic disease
   B. Biliary disease
   C. Breast cancer

Reading Material Resources

Menopause, Potter, et al., Primary Care Clinics in Office Practice, 45 (2018), 625-641