## Priority Topic: MENOPAUSE

### Key Features:

**For a single source on this topic, choose one of:**
- ✓ Managing Menopause SOGC 2014
- ✓ Menopause Primer NATURE 2015

| 1. In any woman of menopausal age, screen for symptoms of menopause and (e.g., hot flashes, changes in libido, vaginal dryness, incontinence, and psychological changes). |  
| What you should study: | ✓ Primary Care Menopause Management CFP 2017  
FOCUS on Figure 2! |

| 2. In a patient with typical symptoms suggestive of menopause, make the diagnosis without ordering any tests. (This diagnosis is clinical and tests are not required.) |  
| What you should study: | ✓ NICE Guideline Summary BMJ 2015 |

| 3. In a patient with atypical symptoms of menopause (e.g., weight loss, blood in stools), rule out serious pathology through the history and selective use of tests, before diagnosing menopause. |  
| What you should study: see also Priority Topic: Cancer  
Make sure you know what the TYPICAL symptoms are so that you can tell when a symptom is ATYPICAL: think Cancer | ✓ Menopause Symptom Score AMS 2015 |
4. In a patient who presents with symptoms of menopause but whose test results may not support the diagnosis, **do not eliminate the possibility** of menopause solely because of these results.

✓ Just do it!

5. When a patient has **contraindications to hormone-replacement therapy** (HRT), or chooses not to take HRT: **Explore other therapeutic options** and recommend some appropriate choices.

*What you should study:*
Make sure you know both **PHARMACOLOGIC** and **NON-PHARMACOLOGIC** options for non-hormonal treatment

✓ Managing Menopause SOGC 2014 **CHAPTER 6!**
  “Prescription Non-hormonal Therapy”
✓ Primary Care Menopause Management CFP 2017
✓ Genitourinary Syndrome of Menopause 2017
✓ NICE hormone therapy position statement

6. In menopausal or perimenopausal women:
   a) Specifically inquire about the use of **natural or herbal products**.
   b) Advise about **potential effects and dangers** (i.e., benefits and problems) of natural or herbal products and interactions.

*What you should study:*
✓ Managing Menopause SOGC 2014 **CHAPTER 9**
7. In a menopausal or perimenopausal women, provide counselling about preventive health measures (e.g., osteoporosis testing, mammography).

**What you should study:**

- Managing Menopause SOGC 2014  **CHAPTERS 1&2**
- **Cardiovascular Risk Assessment**  

**See also**  
Priority Topics  Osteoporosis, Immunization, Cancer, Hypertension, Diabetes

8. Establish by history a patient’s hormone-replacement therapy risk/benefit status.

**What you should study:**

- Managing Menopause SOGC 2014  **TABLE 7.1, 7.2**