

# 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.

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**

<http://www.cvdriskchecksecure.com/FraminghamRiskScore.aspx>

**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**