

MENOPAUSE MANAGEMENT

Menopause is defined as the final menstrual period, confirmed after 12 consecutive months without a menstrual cycle, and characterized by declining ovarian function and hypoestrogenemia that can affect multiple aspects of a woman's physical, emotional and psychosocial health.

EXTENSIVE CONSTELLATION OF SYMPTOMS



Central Nervous System (CNS)

- Vasomotor symptoms (VMS), including hot flashes and sweating.
- Sleep disruption.
- Depression and anxiety.
- Cognitive changes.
- Migraine.



Genitourinary Syndrome of Menopause (GSM)

- Vaginal dryness.
- Vulvar itching and burning.
- Dysuria.
- Urinary frequency.
- Urgency.
- Recurrent lower urinary tract infections (UTIs).



Weight and Metabolism

- Weight gain.
- Increased visceral adipose tissue.
- Increased waist circumference.



Skin and Hair

- Reduced skin thickness/elasticity.
- Reduced hydration.
- Hair loss.



Musculoskeletal (MSK) System

- Joint pain.
- Loss of muscle mass.
- Osteopenia/Osteoporosis.
- Increased risk of fracture.



Sexual Function

- Decreased sexual desire.
- Dyspareunia.

Approximately **9 out of 10 women** do not seek care for their menopause symptoms.

A HOLISTIC APPROACH TO CARE

Effective menopause care requires a holistic, individualized approach that incorporates **symptom assessment, overall health evaluation, lifestyle counseling** and **targeted treatment strategies** based on predominant symptoms and patient needs.

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Questions for Menopause Assessment

1. Any changes to periods (timing, heaviness, etc.)?
2. Any bladder issues or incontinence?
3. Any vaginal dryness, pain or sexual concerns?
4. Any hot flashes?
5. How's your sleep?
6. How's your mood?

Menopause therapies target distinct symptom domains, not menopause globally.

TREATMENT OPTIONS BY DOMAIN

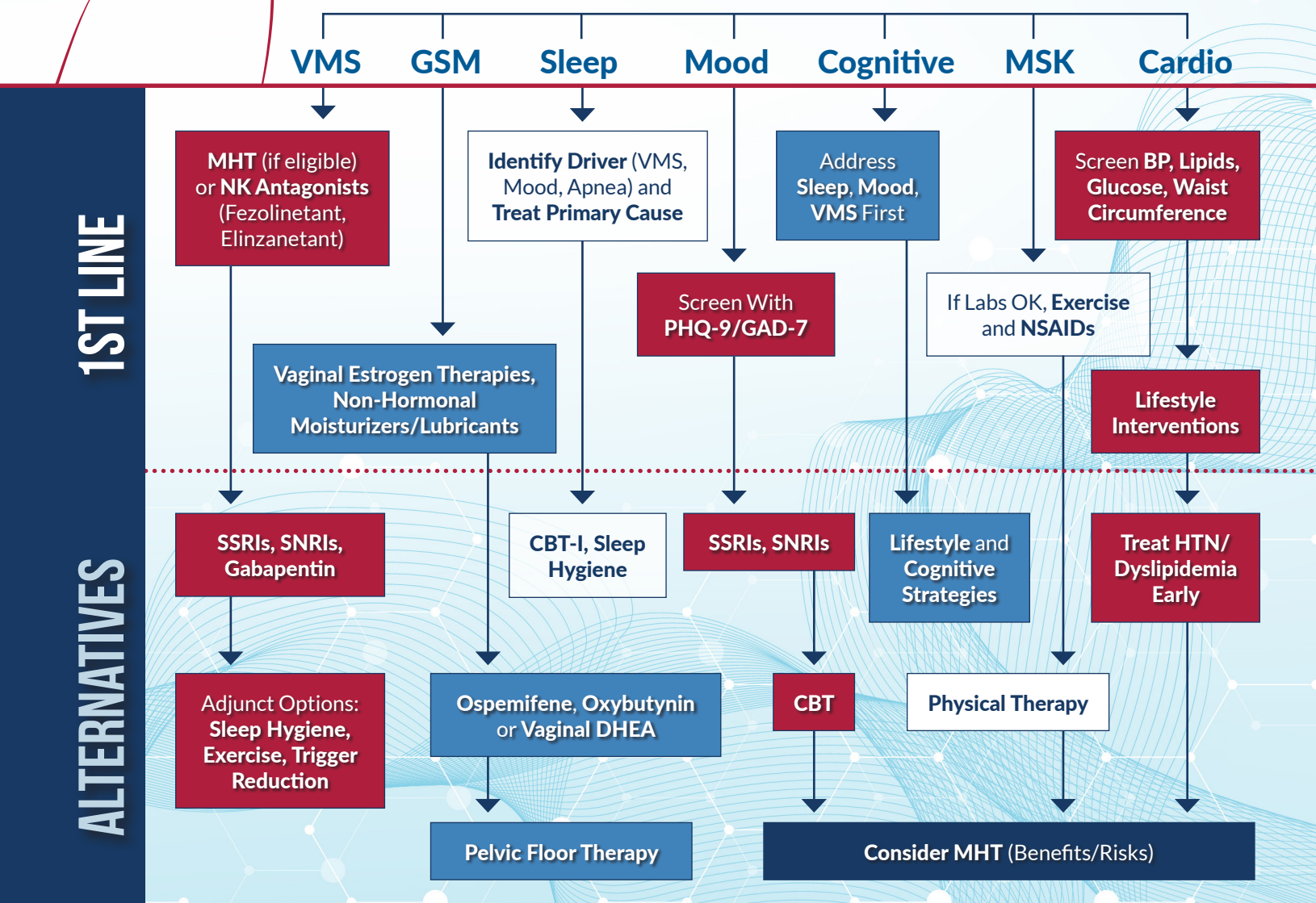
STEP 1: Identify Primary Symptoms/Concern(s):

- VMS
- GSM
- Sleep
- Mood
- Cognitive
- MSK
- Cardio

STEP 2: Assess Patient Factors:

- Age <60?
- <10 years since menopause?
- Contraindications to MHT?
- Patient preferences?

STEP 3: Follow Treatment Pathway Below



Sources: Hickey M et al. Lancet. 2024;403(10430):947-957; Monteleone P et al. Nat Rev Endocrinol. 2018;14(4):199-215; Kapoor E et al. Mayo Clin Proc. 2025;100(11):1897-1907; Lumsden MA et al. Eur J Endocrinol. 2025;193(4):G49-G81; The North American Menopause Society (NAMS). Menopause. 2023;30(6):573-590; NAMS. Menopause. 2022;29(7):767-794; NAMS. Prescription Therapies. In: Menopause Practice: a Clinician's Guide, 6th Edition. NAMS; 2019.