

## **MENOPAUSE**

### **Hacker, et al. Chapter 36**

A 51 year-old G3P3003 retired Army nurse presents to your clinic with complaints of hot flushes and mood swings. She thinks that “she is going through the change of life”. She wants to know about hormones and how to feel better. Her friend told her to drink soy milk and take black cohosh. Her last menstrual cycle was 8 months ago..

#### **Questions to Consider:**

1. What is a normal age for menopause?
2. What things can cause early menopause?
3. Describe the indications contraindications, risks, and benefits of the treatments of menopause, including hormone replacement, nutrition including calcium intake, exercise, and non-hormonal therapeutic options.

#### **APGO Educational Topic 47: Menopause**

- a. Describe the physiologic changes in the hypothalamic pituitary-ovarian axis related with perimenopause/menopause.
- b. Perform an assessment of the symptoms and physical findings associated with hypoestrogenism.
- c. Describe appropriate management of menopausal/perimenopausal symptoms.