Chapter 65:

LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Describe the physiology of normal menopause.
2. Identify the contraindications for hormone therapy.
3. Assess the risks and benefits of short-term and long-term hormone therapy in women.
4. Analyze the risks and benefits of individual hormonal regimens for the management of menopausal symptoms.
5. List the factors that should guide selection of a specific hormone therapy regimen for an individual perimenopausal or postmenopausal woman.
6. Describe alternative nonhormonal options for the management of menopausal symptoms.
7. Based on patient-specific data, select an appropriate hormonal or nonhormonal treatment regimen for a postmenopausal woman with vasomotor symptoms.
8. Recommend an appropriate duration of hormone therapy for the treatment of vasomotor symptoms.
9. Select an appropriate hormone therapy regimen for the treatment of menopausal urogenital atrophy.
10. List the benefits and risks of hormone therapy for osteoporosis prevention.
11. Formulate a patient-specific monitoring plan for a perimenopausal or postmenopausal woman on a given hormonal regimen.
12. Explain the pathophysiologic mechanisms underlying primary ovarian insufficiency.
13. Describe the typical clinical features of women with primary and secondary amenorrhea.
14. Recommend an appropriate hormone therapy regimen for girls with primary amenorrhea.
15. Design an appropriate treatment plan for a woman with primary ovarian insufficiency.
16. Propose an appropriate monitoring plan for a woman with primary ovarian insufficiency receiving long-term physiologic hormone replacement.