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

1. Describe the physiology of normal menopause.
2. Compare and contrast various therapeutic options to manage the symptoms of menopause.
3. Identify contraindications for the use of menopausal hormone therapy (MHT).
4. Assess the risks and benefits of short- and long-term MHT, and describe how risks may be mitigated.
5. Analyze pros and cons of various hormonal regimens for the management of menopausal symptoms.
6. List the factors that should guide selection of a specific MHT regimen for an individual perimenopausal or postmenopausal woman.
7. Compare and contrast non-hormonal options for the management of menopausal symptoms.
8. Based on patient-specific data, design an appropriate hormonal or non-hormonal treatment approach for a postmenopausal woman with vasomotor symptoms, and include the dose, route, frequency, duration, monitoring plan, and rationale for each regimen.
9. Recommend an appropriate regimen for the treatment of menopausal vulvovaginal atrophy.
10. Describe the potential impact of MHT on coronary heart disease, breast cancer, venous thromboembolism, mood, cognition, dementia, and bone health.
11. Explain the pathophysiologic mechanisms underlying primary ovarian insufficiency.
12. Describe the typical clinical features of women with primary and secondary amenorrhea.
13. Recommend an appropriate hormone therapy regimen for girls with primary amenorrhea.
14. Design an appropriate treatment plan for a woman with primary ovarian insufficiency, and include the rationale for each regimen.
15. Propose an appropriate monitoring plan for a woman with primary ovarian insufficiency receiving long-term physiologic hormone replacement.