



Objectives: Menopause

1. In any woman of menopausal age, screen for symptoms of menopause (e.g. hot flashes, changes in libido, vaginal dryness, incontinence and physiologic changes).
2. In a patient with typical symptoms suggestive of menopause, make the diagnosis without ordering any tests (the diagnosis is clinical and tests are not required).
3. In a patient with atypical symptoms of menopause (e.g. weight loss, blood in stool), rule out serious pathology, before diagnosing menopause.
4. When a patient has contraindications to hormone-replacement therapy (HRT) or chooses not to use HRT, explore other therapeutic options for symptoms associated with menopause.
5. In a menopausal or peri-menopausal patient, provide counselling about preventative health measures (e.g. osteoporosis screening).
6. In a peri-menopausal patient with abnormal uterine bleeding, evaluate their risks for underlying pathology and need for an endometrial biopsy.
7. In menopausal patients with vaginal bleeding, arrange for an endometrial biopsy and if indicated, imaging.

** Mapped to the CFPC's 105 priority topics: #65-Menopause