Menopause

Deadline: Postmarked no later than May 1, 2016
Credit: 2 AAMA CEUs (gen/clin) #129395

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Directions: Determine the correct answer to each of the following, based on information derived from the article.

T  F
1. There is an inverse relationship between estrogen levels and the risk of cardiovascular disease. In other words, as estrogen levels decrease, the risk of cardiovascular disease increases.

2. According to the U.S. Food and Drug Administration (FDA), hormone therapy should be taken for the shortest time possible and at the lowest dose found to be effective.

3. During the transition into menopause, estradiol levels increase and follicle-stimulating hormone (FSH) levels decrease.

4. Hypothyroidism may manifest symptoms similar to those of menopause.

5. Menopause begins six months after a woman’s final menstrual period.

6. A bilateral oophorectomy does not result in immediate menopause.

7. Most of a woman’s estrogen is produced by the ovaries, but estrogen is produced by other tissues of the body.

8. High-density lipoprotein (HDL) is “bad cholesterol” and low-density lipoprotein (LDL) is “good cholesterol.”

T  F
9. Perimenopause is defined as the months or years before the final menstrual period and ends one year after the final menstrual period.

10. Induced menopause is the result of medical interventions.

11. The risk of breast cancer can be increased by progesterone, but the risk of endometrial cancer can be reduced by progesterone.

12. As people grow older, vitamin D levels increase.

13. The earliest age at which a woman can experience menopause is 51.

14. Types of hormone therapy medications are estrogen-only, progestin-only, and combination estrogen-progestin.

15. Health care providers should ask patients whether they are taking any herbal remedies for menopausal symptoms.

16. Pregnancy is impossible during perimenopause.

17. Bioidentical hormones are regulated by the FDA, thus assuring a level of safety and efficacy.

Multiple choice

18. What happens when a woman reaches menopause and thereafter?
   a. The production of progesterone and estrogen increases.
   b. The ovaries no longer produce estrogen.
   c. The ovaries no longer produce testosterone.

19. Which of the following symptoms occurs during perimenopause?
   a. Weight gain and slowed metabolism
   b. Faster than normal hair growth
   c. Increase in breast volume
   d. Increase in moisture of skin

20. Which of the following is a known causal factor for early menopause?
   a. Smoking
   b. Psoriasis
   c. Vegetarianism

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