

Update on menopausal symptoms and treatment options published

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The vast majority of women going through the period of menopausal transition, or perimenopause, will seek medical help coping with symptoms that can significantly impact their health and quality of life, such as hot flashes, poor sleep, depression, and vaginal dryness. The pattern of common perimenopausal symptoms, how they often interact to worsen the effects of each, and current hormonal and non-hormonal therapeutic options are examined in a comprehensive Review article published in *Journal of Women's Health*.

In "Perimenopause: From Research to Practice"), Nanette Santoro, MD, University of Colorado School of Medicine, Denver, describes the stages of reproductive aging in women, linking common symptoms to the late reproductive stages, the early and late menopausal transition stages, and the early postmenopause. Dr. Santoro discusses strategies for treating multiple symptoms with a single medication when possible. For women who experience the four main menopausal symptoms, hormone therapy is the most effective way to improve their quality of life, as long as hormone use is not contraindicated.

"This outstanding review integrates research findings with the clinical presentations of symptomatic perimenopausal women and treatment options," says Susan G. Kornstein, MD, Editor-in-Chief of *Journal of Women's Health*, Executive Director of the Virginia Commonwealth University Institute for Women's Health, Richmond, VA, and President of the Academy of Women's Health.

More information: Nanette Santoro. Perimenopause: From Research to Practice, *Journal of Women's Health* (2015). [DOI: 10.1089/jwh.2015.5556](https://doi.org/10.1089/jwh.2015.5556)

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