

Menopause

Review questions

Clinical Guideline

Review questions

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Healthcare professionals are expected to take NICE clinical guidelines fully into account when exercising their clinical judgement. However, the guidance does not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of each patient, in consultation with the patient and/or their guardian or carer.

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1 Menopause review questions

1.1 Diagnosis of perimenopause and menopause

What is the diagnostic accuracy of the following indicators (clinical and biological manifestations) in the diagnosis of perimenopause and postmenopause:

- age
- menopausal symptoms (especially vasomotor symptoms)
- endocrine changes (specifically follicle-stimulating hormone (FSH), anti-Müllerian hormone, oestrogen or inhibin B)
- total antral follicle count (AFC)

1.2 Classification systems for the diagnosis of menopause

What is the usefulness of formal classification systems compared with non-structured classification systems in the diagnosis of menopause and in guiding further treatment?

1.3 Information and advice

What are the information needs for women in menopause?

1.4 Managing short term symptoms of menopause

What is the most clinical and cost effective treatment for the relief of individual menopause-related symptoms for women in menopause?

1.5 Urogenital atrophy

What is the clinical effectiveness of local oestrogens and ospemefine compared with placebo for menopause-related vaginal/urogenital atrophy?

1.6 Review and referral

At what intervals should clinical review be undertaken to assess the effectiveness and safety of treatments to relieve menopausal symptoms and to determine when women need to be referred to specialist care?

1.7 Starting and stopping HRT

In perimenopausal and postmenopausal women using HRT for vasomotor symptom relief, what is the clinical effectiveness of an abrupt HRT discontinuation strategy compared with a tapered HRT discontinuation strategy?

1.8 Longer terms benefits and risks of HRT

1.8.1 Venous thromboembolism (VTE)

What are the effects of HRT administered for menopausal symptoms on the risk of developing venous thromboembolism (VTE)?

1.8.2 Cardiovascular disease (CVD)

What are the effects of HRT administered for menopausal symptoms on the risk of development of cardiovascular disease (including stroke)?

1.8.3 Development of Type 2 diabetes

What are the effects of HRT administered for menopausal symptoms on the risk of developing type 2 diabetes?

1.8.4 Management of Type 2 diabetes- control of blood glucose

What impact does use of HRT for menopausal symptoms have on control of diabetes/glycaemic levels in those with type 2 diabetes?

1.8.5 Breast cancer

What are the effects of HRT administered for menopausal symptoms on risk of developing breast cancer?

1.8.6 Osteoporosis

What are the effects of HRT administered for menopausal symptoms on the risk of development of osteoporosis?

1.8.7 Dementia

What are the effects of HRT administered for menopausal symptoms on the risk of dementia?

1.8.8 Sarcopenia

What are the effects of Hormonal Replacement Therapy (HRT) administered for menopausal symptoms on the risk of developing sarcopenia?

1.9 Diagnosis of premature ovarian insufficiency (POI)

What is the diagnostic accuracy of the following in the diagnosis of premature ovarian insufficiency: Cycle irregularity, Vasomotor symptoms, follicle-stimulating hormone (FSH), anti-Müllerian hormone (AMH), antral follicle count (AFC), Inhibin B, Inhibin A, oestrogen, ovarian volume?

1.10 Managing premature ovarian insufficiency (POI)

What is the clinical effectiveness of HRT compared with combined oral contraceptives for the management of premature ovarian insufficiency (POI)?

