Examination-Content Outline

The following is the outline of the examination, with an indication of the percentage of questions that come from each section.

1. Physiology – Normal (15%)
   A. Terminology/Demographics
   B. Hypothalamic-pituitary-ovarian axis
   C. Receptor activity
   D. Endocrine changes
      1. Perimenopause
      2. Postmenopause
   E. Perimenopause
      1. Reproductive potential
      2. Physical changes/Normal symptomatology
   F. Postmenopause physical changes/Normal symptomatology

2. Physiology – Abnormal (15%)
   A. Premature menopause
   B. Induced menopause
   C. Pelvic pathology
      1. Abnormal uterine bleeding
      2. Uterine/Ovarian/Vaginal pathology
      3. Vulvar disease/Vulvodynia
      4. Sexually transmitted infections
   D. Other

3. Health disorders of peri-/postmenopausal women (25%)
   A. Sexual function
   B. Skeletal
      1. Osteoporosis
      2. Other
   C. Cardiovascular
      1. Coronary heart disease
      2. Myocardial infarction
      3. Stroke
      4. Other
   D. Urinary tract
      1. Incontinence
      2. Cystitis/Urethritis
      3. Other
   E. Central nervous system
      1. Headache
      2. Cognitive function/Memory
      3. Depression
      4. Anxiety
      5. Dementia
      6. Other
   F. Sleep
   G. Endocrine
      1. Diabetes
      2. Thyroid
      3. Other
   H. Arthritis
   I. Cancer
4. Clinical evaluation (15%)
   A. History/Identification of risk factors
   B. Sexual history
   C. Physical examination
      1. Height/Weight/BMI
      2. Blood pressure
      3. Manual breast exam
      4. Pelvic exam
      5. Rectal exam
      6. Skin exam
      7. Other
   D. Diagnostic and screening tests
      1. Blood chemistries
      2. Urinalysis
      3. Vaginal/Cervical/Vulvar/Ovarian testing
      4. Mammogram/Breast ultrasound
      5. Colorectal tests
      6. Lipid profile
      7. Other cardiovascular tests
      8. Bone mineral density tests
      9. Hormonal studies
         a. Thyroid
         b. Pituitary
         c. Estrogen
         d. Progesterone
         e. Testosterone
         f. Other
      10. Pelvic ultrasound
      11. Endometrial biopsy
      12. Hysteroscopy
      13. Other
   E. Counseling

5. Therapeutic options (30%)
   A. Lifestyle modification
      1. Exercise
      2. Nutrition
      3. Stress reduction
      4. Weight management
      5. Substance use (smoking, alcohol, caffeine, drugs)
      6. Other
   B. Nonprescription therapies
      1. Vitamin/Mineral supplements
      2. Vaginal moisturizers/Lubricants
      3. Hormone creams/Supplements
      4. Aspirin
      5. Contraceptives
      6. Other
   C. Prescription drugs
      1. Estrogens
      2. Progestogens
      3. Androgens
      4. Osteoporosis agents
      5. Cardiovascular agents
      6. Diabetes agents
      7. Arthritis agents
      8. Contraceptives
      9. Antidepressants
      10. Sedatives/Hypnotics
      11. Other
   D. Complementary and alternative medicine (CAM) therapies
      1. Isoflavones
      2. Herbs
      3. Paced respiration
      4. Biofeedback
      5. Acupuncture
      6. Other
   E. Counseling