

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

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