

## 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