



A New Clinical Decision Support Tool for Menopausal Symptom Management: Enhancing NP Education and Practice



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NAMS Menopause Decision Support App



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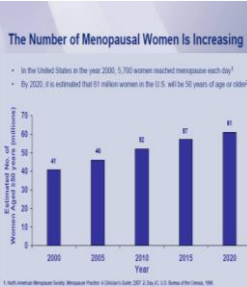
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...for evidenced based treatment of menopausal symptoms

Menopause Symptoms? There's an App for That!

- By 2020, it is estimated that 61 million women in the US will be ≥50 years of age around the average of menopause (51).
- A recent study reported that more than half of women experience vasomotor flashes at least 7-12 years and may seek intervention.
- Providers are often confused about evidenced based options to discuss with patients.

The Number of Menopausal Women Is Increasing



Year	Number of Women (Millions)
2000	40
2005	46
2010	52
2015	58
2020	61

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Apple Store: MenoPro



- Free downloadable mobile iPhone/iPad app for clinicians or women
- Expected to be available in future for other devices
- Purpose: Choose the optimal treatment by individualizing treatment based on personal preferences and risk factors
- Users progress through a series of questions to
 - assess symptom severity
 - Calculate CV risks
 - Evaluate risk for reproductive organ cancer
- Users obtain evidence-based information about risks and benefits of each treatment option
 - Lifestyle modifications
 - Non-prescription therapies
 - Hormone therapies
 - Prescription non-hormone therapies
- If available by Wi-Fi accessibility, users or women can print out choices for further discussion.

Options with the App

- Treatment for moderate to severe hot flashes and/or night sweats
- Symptoms of vaginal dryness, pain with sexual activity or urinary issues (GSM)
- Convenient links to information about treatment choices, formulations and doses and “contraindications”
- Calculations of CVD risk score over next 10 years
- Links to GAIL model to calculate risk of breast cancer risk
- Link to FRAX to determine risk of osteoporosis.

Decision-Making Process and Treatment Options

- Key elements include
 - Assessment of presence of bothersome symptoms
 - Personal preference regarding hormone versus non-hormone treatments
 - Presence of risk factors that might make woman ineligible for treatment
 - Assessment of years since menopause and baseline risks of CVD, breast cancer, and other health problems
 - Review of benefits and risks of treatment
- If HT is chosen makes suggestion of transdermal vs for patients with metabolic syndrome or other significant CVD risk.
- A similar process is followed for non-hormone treatment for women who are not candidates for, or who choose not to take HT suggesting Paroxetine or other antidepressants or different medications options.
- Recommendations for vaginal meds are given.
- A section is available for women to use in the “Self-Assessment Section” to share a summary with their provider, and review comments and definition at the end of that section.
