

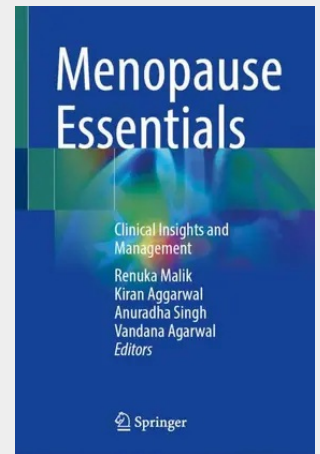
Menopause Essentials

Clinical Insights and Management

This book provides detailed insights into menopause, covering its pathophysiology, diagnosis, treatment, and screening. Divided into 27 chapters, it addresses key topics such as endocrine changes, vasomotor symptoms, genitourinary syndrome, and osteopenia. The book also presents advanced management options, including hormonal and non-hormonal therapies, and discusses emerging areas like artificial intelligence in menopause care. Further chapters cover sleep disorders, cardiovascular risks, mental health, and sexual health. Practical advice on setting up menopause clinics, cancer screening, nutrition, and lifestyle management are also discussed.

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