

# Managing Menopause: A Look at the Health Impact of Menopause for Patients Across Various Identities

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## Background

The primary location for the project was University Hospitals Urology Institute Lyndhurst: 29001 Cedar Rd Suite 202, Lyndhurst, OH 44124

## Population

The population for this practicum included perimenopausal, menopausal, postmenopausal, and transgender individuals considering gender affirming oophorectomy and subsequent surgical menopause within Dr. Pope's urology practice.

## Learning Objectives

- ❖ To work with a specific subset of patients (menopausal) that are often overlooked in women's health in order to gain greater insight into the impact and management of menopause on an individual patient level.
- ❖ To create patient educational material for any health care gaps identified during the experience.
- ❖ To develop and practice skills in developing accessible educational materials

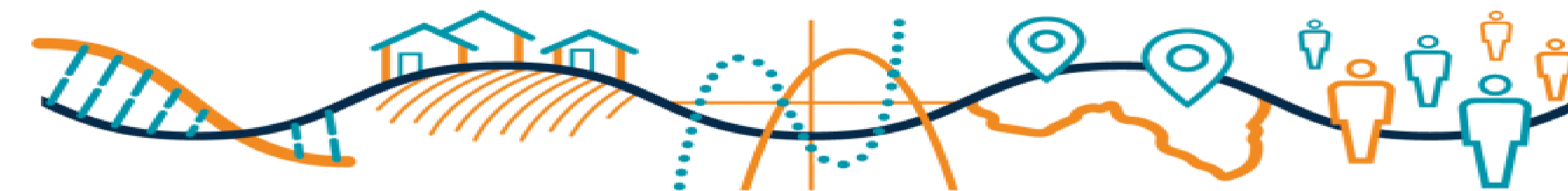
## Activities

This project was a combined capstone and practicum and the daily activities contained elements of both:

- ❖ IRB and research related tasks (project formulation, onboarding, composition, correspondence, and editing)
- ❖ Shadowing Dr. Pope during relevant patient encounters
- ❖ Seeing patients in clinic and learning about their menopausal experience.



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## Lessons Learned

- ❖ Menopause, in its many forms has a significant, detrimental impact on the health and well being of patients.
- ❖ There are certain populations, specifically transgender individuals and women of color who may be differently and disproportionately affected by menopause and educational materials may start to bridge this gap.
- ❖ It is crucial to understand how best to write medical educational materials for a target audience.

## Public Health Implications

- ❖ Menopause is inevitable for a significant portion of the American and global population and taking steps to alleviate the impact of this condition will improve the lives and health of numerous individuals.
- ❖ The holistic health and well-being of this population can be improved through research, intervention, and educational efforts.

## Acknowledgements

- ❖ I would like to acknowledge and profusely thank Dr. Pope for working with me on every aspect of this project from inception to presentation.
- ❖ I would also like to acknowledge and thank all the incredible CWRU SOM and MPH faculty who lent their guidance, expertise and support without hesitation throughout this process

## Deliverables



$$206.835 - 1.015 \left( \frac{\text{total words}}{\text{total sentences}} \right) - 84.6 \left( \frac{\text{total syllables}}{\text{total words}} \right)$$

$$0.39 \left( \frac{\text{total words}}{\text{total sentences}} \right) + 11.8 \left( \frac{\text{total syllables}}{\text{total words}} \right) - 15.59$$