
APPENDIX



GLOSSARY

Estrogen – A sex hormone primarily made in the ovaries that is responsible for the development and regulation of the female reproductive system and secondary sex characteristics

Endometriosis – A gynecological disease in which tissue similar to that which lines the uterus grows outside the uterus where it does not belong

Genitourinary syndrome of menopause (GSM) – The broad set of genital, sexual, and urinary symptoms associated with menopause and the loss of estrogen in the body

Hormone therapy (HT) - A medical treatment for menopausal symptoms that involves replacing hormones that the body's ovaries are no longer producing; also known as hormone replacement therapy

HPV test – A screening test that looks for high-risk types of human papillomavirus (HPV) infection in the cervix that can lead to genital warts and cervical cancer

Hysterectomy – Surgical removal of the uterus. A partial or subtotal hysterectomy removes the upper uterus, and a total hysterectomy removes the uterus and cervix sometimes with the ovaries (oophorectomy) and fallopian tubes (salpingectomy).

Mammogram – A cancer screening test that uses low energy x-rays to identify abnormalities in breast tissue

Menopause – A life stage, typically in a woman's late 40s or 50s, defined once 12 months have passed after the last menstrual cycle. Surgical procedures that damage or remove the ovaries can also result in the onset of menopause, regardless of age.

Menstruation – Monthly vaginal bleeding resulting from the shedding of uterine lining that on average, lasts 3–7 days; also known as a period or menses

Oophorectomy – Surgical removal of one or both ovaries

Osteoporosis – A condition in which bones become weak and brittle, often resulting in bone fractures of the wrist, spine, and hip

Pelvic exam – A physical exam of the vagina, cervix, uterus, fallopian tubes, ovaries, and rectum

Perimenopause – The transitional time (typically lasting 4-8 years) when the body experiences the natural decline in reproductive hormones, resulting in the end of a woman's menstrual cycles; also known as the menopause transition

Presenteeism – The loss in productivity when an employee is not fully functioning in the workplace because of an illness, injury, or other condition

Primary ovarian insufficiency (POI) – A chronic condition characterized by the loss of normal ovarian function before age 40; also known as premature ovarian failure

Progesterone – A female sex hormone made in the ovaries that plays an important role in the menstrual cycle and pregnancy

Uterine Fibroid – A nonmalignant growth composed of smooth muscle and fibrous connective tissue in the uterus

Vasomotor symptoms (VMS) – Menopausal symptoms involving temperature regulation, including hot flashes and night sweats