



GLOSSARY

Bioidentical hormone therapy (BHT) – Compounds that have exactly the same chemical and molecular structure as hormones that are produced in the human body. BHT has varying methods of manufacturing, source, and delivery.

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 chronic condition 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 broader, umbrella term for any treatment using hormones. It can apply to treatments for menopausal symptoms, infertility, or other endocrine disorders.

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.

Menopause hormone therapy (MHT) – Treatment with the hormones estrogen and progesterone or with estrogen alone to help relieve symptoms of menopause. MHT is given to replace the natural hormones that are no longer made by the body. It is given to women who have gone through menopause or who have early menopause caused by cancer treatment or by having their ovaries removed by surgery. Also called menopausal hormone therapy.

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

Premature ovarian failure (POF) – Refers to the condition when the ovaries stop their hormone and egg development and maturation functioning before 40 years of age

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 benign (not cancerous) 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

TOOLKIT QUICK LINKS & RESOURCES

Sleep and Meditation Apps

- Calm: <https://www.calm.com>
- Headspace: <https://www.headspace.com>
- Insight Timer: <https://insighttimer.com>

Federal Trade Commission: Guidance on Health Apps

https://www.ftc.gov/sites/default/files/u544718/flo_health_app_infographic_11022020_en_508_0.jpg

Menopause Education Resources

- The Endocrine Society - Menopause Map™: <https://www.endocrine.org/menopausemap/index.html>
- Let's Talk Menopause: <https://www.letstalkmenopause.org>
- National Menopause Foundation: <https://nationalmenopausefoundation.org>
- The Menopause Society: <https://menopause.org/patient-education>
- Red Hot Mamas: <https://www.redhotmamas.org>

Support Organizations

- Black Girl's Guide to Surviving Menopause: <https://blackgirlsguidetosurvivingmenopause.com>

- British Menopause Society: <https://thebms.org.uk>
- Daisy Network: <https://www.daisynetwork.org>
- Inspire Social Network Communities: <https://www.inspire.com>
- Menopause Café: <https://www.menopausecafe.net>
- Menopause Matters: <https://www.menopausematters.co.uk>

Navigating Insurance

- Consumer Assistance Program: <https://www.cms.gov/ccio/resources/consumer-assistance-grants#statelisting>
- Employee Benefits Security Administration: <https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa>

Prescription Discounts

- GoodRx: <https://www.goodrx.com>
- RxSaver: <https://www.rxsaver.com>
- Singlecare: <https://www.singlecare.com>