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AFFILIATED FACULTY

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RESEARCH

Development of climacteric science

Understanding the Climacteric

- Biological and psychosocial adaptation to aging in women and men
- Influence of socialization and environment on the climacteric
- Cross-cultural studies of the climacteric

Climacteric Wellness Without Hormone Therapy

- Nutrition and exercise
- Vitamin E and biofeedback for hot flashes
- Support and discussion groups

Contraception in the Climacteric

- Analysis of the unique contraceptive needs of climacteric women
- Evaluation of suitability of available methods

Hormone Therapy in the Climacteric

- Effects on metabolic parameters
- Effects on brain chemistry, psychological status and sleep
- Drug interactions and metabolism
- Estrogen pellets for surgically menopausal women

Cardiovascular Fitness

- Evaluation of different exercise modalities
- Exercise prescription
- Cardiovascular fitness evaluation

Osteoporosis

- Mechanisms of postmenopausal bone loss
- Analysis of genetic, ethnic, nutritional and environmental variables
- Early detection of bone loss
- Prevention through proper nutrition and exercise
- Prevention and treatment with hormone therapy
- Prevention through educational intervention
- Evaluation of experimental treatments

EDUCATION

Promotion of climacteric science

Midlife Wellness.®

This quarterly publication includes summaries of current research and features articles by recognized experts in lay language.

Community Symposiums.

Twice a year, the Center sponsors free public seminars featuring internationally recognized experts addressing issues relevant to the middle years. In other localities, Midlife Wellness Seminars are sponsored by community-based groups who select topics of interest to their specific audience. These outreach seminars are presented by Center staff and coordinated through the CLOUT organization. All presentations provide an opportunity for questions from the audience.

Group Sessions.

Special sessions are held periodically with limited enrollment of 15-20 persons featuring presentation of information and participant discussion.

Personalized Education Programs (PEP® talks).

Qualified staff members provide one-on-one learning experiences discussing such subjects as: Menopause—a general overview; Hormone treatment—is it needed, is it safe?; Contraception in the climacteric; What happens when the ovaries are removed—the surgical menopause; Sex and sexuality in the climacteric; career guidance.

Menopause Information Service.®

Information requests from laypersons and professionals are individually researched and processed using our continuously updated reference library.

CLINICAL SERVICES

Application of climacteric science

Osteoporosis Diagnostic Service

A safe, sensitive and painless means of detecting early bone loss. Measurement of bone mineral content by either single or dual photon absorptiometry, and thorough dietary and medical evaluations are used to assess the individual's risk of spontaneous fractures of the spinal vertebrae, hip and wrist.

Hormonal Evaluation and Treatment

Climacteric status and the need for hormone therapy are assessed by medical history, physical examination and analysis of hormones in the blood. Careful follow-up practices enhance the benefits and safety of hormone therapy when it is indicated.

Climacteric Well-Being Assessment

An overall climacteric health assessment which includes a medical history, physical examination, hormonal evaluation, blood analysis (lipids and lipoproteins, SMAC-25), bone mineral analysis and nutritional counseling.

Bladder Function Evaluation

Urinary incontinence is a common problem in climacteric women. Bladder function is fully evaluated to determine whether there is a need for medical or surgical intervention.

Contraceptive Evaluation and Prescription

Individualized assessment of needs and options for safe and effective contraception during the middle years.

Nutritional Evaluation

Counseling by trained personnel to meet the special nutritional needs of the climacteric years.

Occupational and Educational Opportunities

Information on career options for women in midlife.

Physical Therapy

Individualized exercise program for persons with established and advanced osteoporosis.

To be offered:

Physical Fitness Assessment and Exercise Prescription

Evaluation of cardiovascular and musculoskeletal fitness and recommendations for exercise programs based on individual needs and preferences.

Biofeedback

Stress management and thermal training techniques are used to help control hot flashes.