



Defense Health Agency (DHA) Clinical Communities Speaker Series

2024 FEB CCSS: Clinical Considerations and Current Trends in Women's Health

S06: Research, Interventions and Equitable Care Updates in Premenstrual and Perimenopausal Women: A Focus on Improving Mental Health

Resource List

Women's health and women's reproductive health are high priorities for the [Centers for Disease Control and Prevention \(CDC, 2022\)](#), Division of Reproductive Health (DRH). Their goal is to improve women's health from menarche through menopause. CDC/DRH activities focus primarily on research. It is important to take steps to protect yourself from infections and injury and prevent problems—including some long-term health problems. Taking care of yourself and making healthy choices can help protect you and your loved ones. Protecting your reproductive system also means having control of your health, when, you become pregnant. Return to this site to review the information prepared by the CDC.

The [National Academies of Sciences, Engineering and Medicine \(NASEM, 2020\)](#), Committee on the Clinical Utility of Treating Patients with Compounded Bioidentical Hormone Replacement Therapy (cBHT) was formed at the request of the Food and Drug Administration (FDA) to assess the clinical utility of cBHT. Treatment of menopause is one clinical area where the use of cBHT has been increasing. cBHT is marketed as a personalized and natural approach to enhance wellness using tailored preparations that address a myriad of symptoms, including those associated with menopause and aging. The increase in supply and demand of cBHT has prompted the need for additional data on the safety and effectiveness of these medications, as compounded medications are not reviewed for safety and efficacy nor approved by FDA. Review this publication for more information.

The [National Institutes of Health \(NIH, 2021\)](#), National Heart, Lung, and Blood Institute (NHLBI), launched the Women's Health Initiative (WHI) to improve health through research on risk factors, prevention, and early detection of serious health conditions, so postmenopausal women thrive. The original WHI study began in the early 1990s and concluded in 2005. Since 2005, the WHI has continued as Extension Studies, which are annual collections of health updates and outcomes in active participants. The second Extension Study enrolled 93,500 women in 2010, and follow-up of these women continues annually. As with the original WHI study, the main areas of research were cardiovascular disease, cancers, and osteoporotic fractures. While WHI continues to focus on strategies to prevent the major causes of death, disability, and frailty in older women, the breadth and richness of the WHI data allow for the exploration and investigation of many more research questions on women's health and aging. To learn more about the original WHI study that began in the early 1990's, including specific details about the three clinical trials and the observational study, visit the WHI program page on the NHLBI website.

The [U.S. Department of Health & Human Services \(HHS, 2021\)](#) published a fact sheet from the Office on Women's Health related to menopause. Within this fact sheet the following topics regarding menopause are covered, "the basics, symptoms and relief, treatment, early/premature menopause, health, sexuality, and resources". Individuals reviewing this website and its contents will capture a general understanding of a female's experience during this transition. Additional resources are available on how this transition in a female's life will ultimately empower the individual to reduce their symptoms and protect their health.



Defense Health Agency (DHA) Clinical Communities Speaker Series

References

Centers for Disease Control and Prevention. (2022). *Women's reproductive health*.

<https://www.cdc.gov/reproductivehealth/womensrh/index.htm>

National Academies of Sciences, Engineering, and Medicine. (2020). *The clinical utility of compounded bioidentical hormone therapy: A review of safety, effectiveness, and use*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25791>

National Institutes of Health. (2021). *Expanding menopause research to advance the health of all women*.

Office of Research on Women's Health.

<https://orwh.od.nih.gov/about/director/messages/expanding-menopause-research-to-advance-health-of-all-women>

U.S. Department of Health & Human Services. (2021). *Office on women's health: Menopause*.

<https://www.womenshealth.gov/menopause>