



Defense Health Agency J-7 Continuing Education Program Office

The Midlife Transition RX Hormone Replacement Therapy and Specialty Considerations for Providers and Clinicians in Women's Health and Female Readiness Home Study

Enduring Material (Home Study), March 30, 2026 – March 29, 2027

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, pharmacists, pharmacy technicians, social workers, psychologists, occupational therapists, occupational therapy assistants, certified counselors, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

The Midlife Transition RX Hormone Replacement Therapy and Specialty Considerations for Providers and Clinicians in Women's Health and Female Readiness Home Study (7.50 clock hours)

Course Description: This course enhances clinicians' ability to deliver consistent, evidence-based care for perimenopause and menopause within the Military Health System. Persistent gaps in diagnostic accuracy, counseling, quality, and therapeutic decision-making contribute to fragmented care and reduced readiness. This activity equips providers and clinicians with current guidelines, risk-benefit frameworks, and practical decision pathways for hormone and non-hormonal therapies.

Learning Objectives:

1. Identify appropriate candidates for hormone therapy (HT).
2. Assess cardiovascular, venous thromboembolism (VTE), and cancer risk.
3. Apply practical, evidence-based prescribing strategies.
4. Integrate readiness considerations into care.
5. Explain the effects of perimenopause and menopause on the genitourinary tissue and how to recognize this during an exam.
6. Define genitourinary syndrome of menopause (GSM).
7. Explain the role of estrogen in bone homeostasis.
8. Compare treatment options for post-menopausal osteoporosis.
9. Identify the role of hormone replacement therapy (HRT), calcium and Vitamin D, and exercise in prevention and treatment of post-menopausal osteoporosis.
10. Identify mental-health symptoms associated with perimenopause and menopause.
11. Utilize screening tools to assess menopause-related mental-health concerns.
12. Describe changes in thyroid function and the overlap of symptoms in thyroid dysfunction and menopause.
13. Explain the role of hormone replacement therapy in management of metabolic disease.
14. Identify and evaluate common side effects of breast cancer treatments that impact menopausal health.
15. Discuss and apply evidence-based treatment options for sexual dysfunction in breast cancer survivors.
16. Identify physiological changes associated with menopause and effect on cardiovascular disease.
17. Summarize skin and hair changes during perimenopause and menopause.
18. Apply evidence-based guidelines to the assessment and management of common and complex menopause cases.

Faculty:

COL Erin A. Keyser, MD, FACOG, MSCP. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Lindsey B. Borgia, MD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

LCDR Allison A. Eubanks, MD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Lt Col Joy Wheat, MD, FACOG, URPS, MSCP. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

CPT(P) Devin Maxwell, DO. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

CPT Olympiah Pluiose, DSW, LCSW-S, BCD, PMH-C. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

MAJ Seth Klusewitz, MD, FACC. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Alexandra Rosenberg, MD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 7.50 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this enduring material (home study) for a maximum of 7.50 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA, J-7, CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education enduring material (home study) for a maximum of 7.50 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists (ACPE)



UAN JA4008136-0000-26-053-H01-P

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 7.50 contact hours of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Pharmacy Technicians (ACPE)



UAN JA4008136-0000-26-053-H01-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 7.50 contact hours of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Physician Associates/Physician Assistants (AAPA) – Enduring



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7.50 AAPA Category 1 CME credits. Approval is valid until 29 March 2027. PAs should only claim credit commensurate with the extent of their participation.

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 7.50 clinical continuing education credits.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 7.50 credits for attending this activity.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*[™]. ACCME Non-Physician CME Credit providers may receive a maximum of 7.50 hours for completing this enduring material (home study).

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15060. This distance learning-independent is offered at 0.75 CEUs intermediate, OT service delivery, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.75 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Certified Counselors (NBCC)



DHA, J-7, CEPO has been approved by NBCC as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for NBCC credit are clearly identified. DHA, J-7, CEPO is solely responsible for all aspects of the programs.
NBCC Credit Hours: 7.50

If you need special accommodations or have questions, please contact us:

ACEP Contact Information, Defense Health Agency, J-7, Continuing Education Program Office
7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22041
Phone number: 571.835.6536
Web Address: <https://www.dhaj7-cepo.com>
Email Address: dha.ncr.j7.mbx.continuing-education-office@health.mil

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 29 March 2027 at 2359 ET at the following URL: www.dhaj7-cepo.com.