

Menopause Matters

with
Dr. Michelle Jacobson

Bio

Welcome to the inaugural edition of Menopause Matters.

We are thrilled to bring you fast facts and important info to explore the wonderful world of menopause! Here at the SOGC, we know that menopause matters, and we are on a mission to break down the myths and mysteries of managing menopause. Our first bulletin starts at the beginning and covers screening for menopausal symptoms with Dr. Susan Goldstein and the MQ6.

Menopause Matters is a tool meant to help you.

If there are topics you want to review, contact us here at: membership@sogc.ca and let us know what matters!

Sincerely, **Menopause Matters** and the SOGC.



Dr. Michelle Jacobson is a passionate advocate for bringing menopause into the mainstream. Her goals as a menopause specialist include knowledge translation and healthcare education to cultivate widespread comfort and expertise in menopause management. She has a special interest in menopause oncology and the management of hereditary breast and ovarian cancer syndromes. Dr. Jacobson is the author of 2 SOGC guidelines and sits on the board for the Menopause Foundation of Canada and the Canadian Menopause Society.

MENOPAUSE ASSESSMENT

Make the pivot. Assess menopause in a minute!



Susan Goldstein
MD CCFP CFPC MSCP

As our Canadian population ages, each day we see more and more mature women seeking care who are interested in both treating their menopausal symptoms and optimizing their health. While a number of menopause assessment scales exist, most are time-consuming and while helpful for research are ill-suited to efficient clinical practice. However, we now have new practical and efficient resources developed by a Canadian physician!

Meet the “**Menopause Quick Six**” (MQ6): a simple six-question menopause assessment tool designed to assess for the most common menopausal symptoms for which we have menopause-specific therapies. This quick-to-administer tool has been validated and utilized around the world¹. Originally published in 2017 in *Canadian Family Physician*², the MQ6 can be self-administered by a patient prior to a visit or utilized by the health care provider during a clinical assessment. It can be loaded as a stamp into your EMR or accessed online through the peer-reviewed Menopause Management Tools website www.MQ6.ca.

The Menopause Quick Six:

Any changes in your periods?

Are you having any hot flashes?

Any vaginal dryness or pain or sexual concerns?

Any bladder issues or incontinence?

How's your sleep?

How's your mood?

The answers to the MQ6 inform the provider as to reproductive stage (including screening for post-menopausal bleeding) and the presence of vasomotor symptoms, GSM symptoms and sleep and mood concerns. Written in lay language, the tool is ideal to ‘*get the conversation going*’ with women oft reluctant to discuss their concerns but who consider their healthcare provider as their most valuable resource.

Have more than a minute? **Consider using the associated MQ6 online treatment algorithm/ decision tool³**. Starting with the answers to the MQ6, this interactive tool takes you through a few short steps to create a *personalized treatment regimen* by assessing indications, contraindications, comorbidities and other relevant demographics specific to each patient. With a few quick clicks you will be directed to an answer page providing treatment recommendations, supporting rationale and a link to treatment tables based on products available in Canada! This decision tool can be downloaded to your smartphone and will function as an easy-to-access app. The website also provides other tools including a counselling handout to support healthcare professionals in discussing risks & benefits and what to expect when starting hormonal therapies. As menopause marks an important opportunity for risk assessment and health promotion the website also includes information to support counselling around preventive screening and brain, bone and heart health.

Make the pivot. *Take a minute. Try the MQ6.*

Menopause Matters



1 Matsumura-Kasano, J. P., Gutiérrez-Crespo, H. F., Mac, J. I. W., & Alamo-Palomino, I. J. CORRECTED ARTICLE. DOI 10.25176/RFMH.v20i4.3057

2 Goldstein S. An efficient tool for the primary care management of menopause. *Can Fam Physician*. 2017 Apr;63(4):295-298.

3 www.mq6.ca

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