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Menopause Seminar: Multiple-Choice Quiz-Score 75% to Pass

1. What is the average age of natural menopause in women?

- A. 45**
- B. 47**
- C. 51**
- D. 53**

2. How is menopause clinically diagnosed?

- A. Through a blood test**
- B. 6 months without a period**
- C. 12 consecutive months without menstruation**
- D. By measuring progesterone levels**

3. What hormone primarily declines during menopause?

- A. Testosterone**
- B. Progesterone**
- C. Estrogen**
- D. FSH**

4. Which hormone surges to trigger ovulation?

- A. Estrogen**
- B. FSH**
- C. Progesterone**
- D. LH**

5. Which of the following is a sign of perimenopause?

- A. Regular periods**
- B. Decreased libido**
- C. Pregnancy**
- D. None of the above**

6. The STRAW +10 staging system is used to describe:
- A. Sleep cycles
 - B. Male fertility stages
 - C. Female reproductive aging
 - D. Bone density scoring
7. What does GSM stand for?
- A. General Symptom Manifestation
 - B. Genitourinary Syndrome of Menopause
 - C. Gastro-Skeletal Menopause
 - D. General Stress Management
8. What is a common symptom of GSM?
- A. Night sweats
 - B. Vaginal dryness
 - C. Insomnia
 - D. Acne
9. Which of the following typically increases during menopause?
- A. Estrogen
 - B. FSH
 - C. Progesterone
 - D. Fertility
10. What stage occurs when a woman has regular cycles but begins to experience hormonal changes?
- A. Premenopause
 - B. Early perimenopause
 - C. Menopause
 - D. Postmenopause
11. Which condition is associated with increased bone loss after menopause?
- A. Osteopenia
 - B. Scoliosis
 - C. Osteoarthritis
 - D. Rheumatoid arthritis
12. Which hormone is produced by the corpus luteum?

- A. Estrogen
- B. Testosterone
- C. Progesterone
- D. FSH

13. Which of the following is not a vasomotor symptom?

- A. Hot flashes
- B. Night sweats
- C. Palpitations
- D. Vaginal dryness

14. Estrogen helps maintain which of the following?

- A. Muscle memory
- B. Joint alignment
- C. Bone density
- D. Hair color

15. A low level of which hormone typically confirms menopause?

- A. LH
- B. Progesterone
- C. Estrogen
- D. FSH

16. What is a common cardiovascular risk factor that increases post-menopause?

- A. HDL cholesterol
- B. Insulin sensitivity
- C. LDL cholesterol
- D. Platelet count

17. What condition involves a decline in muscle mass related to aging and menopause?

- A. Osteopenia
- B. Sarcopenia
- C. Anemia
- D. Hyperthyroidism

18. Which exercise is particularly helpful for menopausal bone health?

- A. Swimming

- B. Cycling
- C. Walking
- D. Stretching

19. What is the purpose of progesterone in HRT?

- A. Improve bone mass
- B. Prevent endometrial cancer
- C. Reduce inflammation
- D. Stabilize thyroid hormones

20. What term refers to hormones that are chemically identical to those produced by the body?

- A. Synthetic hormones
- B. Phytohormones
- C. Bioidentical hormones
- D. Generic hormones

21. Which method of HRT is least likely to affect the whole body?

- A. Oral pills
- B. Vaginal cream
- C. Patches
- D. Injections

22. Which of these is a contraindication for estrogen therapy?

- A. Low bone density
- B. History of breast cancer
- C. Hot flashes
- D. Vaginal dryness

23. Which hormone is typically elevated in postmenopausal women?

- A. Estrogen
- B. Progesterone
- C. Testosterone
- D. FSH

24. Which of the following is an alternative therapy for hot flashes?

- A. Statins
- B. SSRIs

- C. Beta blockers
- D. Diuretics

25. Which type of fat is linked to increased hot flashes?

- A. Visceral fat
- B. Subcutaneous fat
- C. Dietary fat
- D. Saturated fat

26. What is a benefit of late menopause?

- A. Early bone loss
- B. Lower cancer risk
- C. Longer fertility window
- D. Early onset of menopause symptoms

27. What lifestyle habit is associated with increased vasomotor symptoms?

- A. Daily exercise
- B. Smoking
- C. Meditation
- D. Protein intake

28. What does the luteal phase of the menstrual cycle involve?

- A. Peak estrogen production
- B. Shedding of uterine lining
- C. Progesterone dominance
- D. Follicle growth

29. During the secretory phase, the endometrium becomes:

- A. Thin and dry
- B. Glandular and nutrient-rich
- C. Filled with follicles
- D. Inactive

30. What is the primary hormone driving the proliferative phase?

- A. Progesterone
- B. Estrogen
- C. LH
- D. Testosterone

31. Which hormone therapy has the lowest risk of systemic absorption?

- A. Oral HRT**
- B. Transdermal patches**
- C. Vaginal tablets**
- D. Injections**

32. What risk increases with long-term estrogen-only HRT in women with a uterus?

- A. Colon cancer**
- B. Breast cancer**
- C. Endometrial cancer**
- D. Ovarian cysts**

33. What type of diet is beneficial during menopause for heart health?

- A. High-fat**
- B. Mediterranean**
- C. Low-carb**
- D. Keto**

34. Which supplement is essential for calcium absorption?

- A. Iron**
- B. Magnesium**
- C. Vitamin D**
- D. Zinc**

35. Which hormone affects libido, muscle mass, and bone strength in women?

- A. FSH**
- B. Testosterone**
- C. Estrogen**
- D. LH**

36. Which is a natural, non-hormonal method that may support menopause symptom relief?

- A. Birth control pills**
- B. Vaginal estrogen**
- C. Acupuncture**
- D. Beta-blockers**

37. What kind of IUD may be used for perimenopausal bleeding?

- A. Copper
- B. Levonorgestrel-releasing
- C. Estrogen-coated
- D. Progesterone-only pills

38. Why do some women avoid discussing GSM with doctors?

- A. Symptoms are minor
- B. Symptoms are self-resolving
- C. Embarrassment and lack of awareness
- D. No treatment options exist

39. What is a benefit of strength training during menopause?

- A. Raises estrogen
- B. Increases insulin resistance
- C. Builds muscle and bone
- D. Reduces cardiovascular fitness

40. Which resource offers guidelines and patient info on menopause?

- A. American Cancer Society
- B. Mayo Clinic
- C. North American Menopause Society
- D. CDC

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