

Menopause Professionals

	Traditional Medicine					Both				Alternative & Complementary Medicine			
Professional	Gynecologic Menopause Specialist (M.D. or D.O.)	General Gynecologist (M.D. or D.O.)	Obstetrician / Gynecologist (M.D. or D.O.)	General Internal Medicine (M.D. or D.O.)	Family Practitioner (M.D. or D.O.)	Integrative Medicine Physician (M.D. or D.O.)	Doctor of Osteopathic Medicine (D.O.)	Dietician / Nutritionist	Fitness Trainer	Naturopathic Doctor (N.D.)	Herbalist	Acupuncturist	Hypnotist
Focus	General gynecology & Symptoms of menopause, & Diseases of aging	General gynecology & Symptoms of menopause, & Diseases of aging	Obstetrics, General gynecology, & Symptoms of menopause, & Diseases of aging	Symptoms of menopause & Diseases of aging	Symptoms of menopause & Diseases of aging	Symptoms of menopause	Symptoms of menopause & (Diseases of aging)	Nutrition & Weight management	Weight management, Strength, & Balance	Symptoms of menopause	Symptoms of menopause	Symptoms of menopause	Symptoms of menopause
Means or Tools for treatment	Non-bioidentical hormones & (Bioidentical hormones)	Non-bioidentical hormones & (Bioidentical hormones)	Non-bioidentical hormones & (Bioidentical hormones)	Non-bioidentical hormones & (Bioidentical hormones)	Non-bioidentical hormones & (Bioidentical hormones)	Bioidentical hormones	Non-bioidentical hormones & Bioidentical hormones	Diet	Exercise	Diet Lifestyle Air Botanicals	Herbs Botanicals	Acupuncture needles	Hypnosis
Philosophy	Replacement of any deficient hormone restores the body to its optimal level of functioning	Replacement of any deficient hormone restores the body to its optimal level of functioning	Replacement of any deficient hormone restores the body to its optimal level of functioning	Replacement of any deficient hormone restores the body to its optimal level of functioning	Replacement of any deficient hormone restores the body to its optimal level of functioning	Bending of Traditional Medicine with Alternative & Complementary Medicine Seeks to find the source of medical problems Mind-Body Medicine	Wide range: From classic Traditional Medicine hormone replacement to holistic treatment using manual manipulation	Diet as a major component in management of menopause	Exercise is an essential part of menopause management, aging, & a healthy lifestyle	Holistic mind, body, & spirit medicine A belief that the body has the ability to heal itself through nutrition, lifestyle, air, botanicals, & alternative medicine	Plant products are medicines Pharmaceutical products are not necessary	Insertion of needles into the skin restores the flow of energy throughout the body	Use of the sub-conscious to reduce menopausal symptoms
Symptoms relieved	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain No sex drive Acne Headaches	All or Some Wide range of differences	Hot flashes Night sweats Insomnia Fatigue Forgetfulness Cravings Joint pain Dry skin Hair loss Hair growth Vaginal dryness UTI Incontinence Weight gain Acne Headaches	Irreg. periods Hot flashes Night sweats Insomnia Fatigue Forgetfulness Mood swings Irritability Depression Cravings Breast pain Joint pain Dry skin Hair loss	Variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to herbal treatments Results variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to acupuncture treatments Results variable	Reduction in severity of symptoms only No complete ridding of symptoms Great variability in which symptoms respond to hypnosis Results variable
Long-term disease risk reduction	Heart attack Osteoporosis Breast Ca Uterine Ca Ovarian Ca Alzheimer's	Heart attack Osteoporosis Breast Ca Uterine Ca Ovarian Ca Alzheimer's	Heart attack Osteoporosis Breast Ca Uterine Ca Ovarian Ca Alzheimer's	Variable depending on level of expertise in menopause	Variable depending on level of expertise in menopause	Variable depending on level of expertise in menopause	Variable depending on level of expertise in menopause	Heart attack Osteoporosis Breast Ca Uterine Ca Ovarian Ca Alzheimer's	Heart attack Osteoporosis Breast Ca Uterine Ca Ovarian Ca Alzheimer's	Only as it pertains to diet & lifestyle	None	None	None

