An app to help women and clinicians manage menopausal symptoms

This menopause app facilitates personalized treatment decisions

Katherine T. Chen, MD, MPH

In North America, women experience menopause (the permanent cessation of menstruation due to loss of ovarian activity) at a median age of 51 years. They may experience symptoms of perimenopause, or the menopause transition, for several years before menstruation ceases. Menopausal symptoms include vasomotor symptoms, such as hot flushes, and vaginal symptoms, such as vaginal dryness and pain during intercourse.[1]

Women may have questions about treating menopausal symptoms, maintaining their health, and preventing such age-related diseases as osteoporosis and cardiovascular disease. The decision to treat menopausal symptoms is challenging for women as well as their clinicians given that recommendations have changed over the past few years.

A free app with multiple features. The North American Menopause Society (NAMS) has developed a no-cost mobile health application called MenoPro for menopausal symptom management based on the organization's 2017 recommendations.[2] The app has 2 modes: one for clinicians and one for women/patients to support shared decision making.

For clinicians, the app helps identify which patients with menopausal symptoms are candidates for pharmacologic treatment and the options for optimal therapy. The app also can be used to calculate a 10-year cardiovascular disease (heart disease and stroke) risk assessment. In addition, it contains links to a breast cancer risk assessment as well as an osteoporosis/bone fracture risk assessment tool (FRAX model calculator). Finally, MenoPro includes NAMS's educational materials and information pages on lifestyle modifications to reduce hot flushes, contraindications and cautions to hormone therapy, pros and cons of hormonal versus nonhormonal options, a comparison of oral (pills) and transdermal (patches, gels, sprays) therapies, treatment options for vaginal dryness and pain with sexual activities, and direct links to tables with the various formulations and doses of medications.

The **TABLE** details the features of the MenoPro app based on a shortened version of the APPLICATIONS scoring system, APPLI (app comprehensiveness, price, platform, literature used, and important special features).[3] I hope that the app described here will assist you in caring for women in the menopausal transition. ●

Dr. Chen is Professor of Obstetrics, Gynecology, and Reproductive Science and Medical Education, Vice-Chair of Ob-Gyn Education for the Mount Sinai Health System, Icahn School of Medicine, Mount Sinai, New York, New York. She is an OBG MANAGEMENT Contributing Editor.

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References
1. American College of Obstetricians and Gynecologists. Practice bulletin no. 141: Management of menopausal symptoms. *Obstet Gynecol.* 2014;123:202-216.
2. The 2017 hormone therapy position statement of The North American Menopause Society. *Menopause.* 2018;25:1362-1387.
3. Chyjek K, Farag S, Chen KT. Rating pregnancy wheel applications using the APPLICATIONS scoring system. *Obstet Gynecol.* 2015;125:1478-1483.

TABLE Recommended menopause app

App	App comprehensiveness	Price	Platform	Literature used	Important special features
MenoPro by NAMS iTunes: https://itunes.apple.com/us/app/menopro/id922540237?mt=8 Google Play: https://play.google.com/store/apps/details?id=org.menopause.menopro&hl=en_US	Clinical decision making (clinical decision support systems, clinical treatment guidelines, medical calculators)	Free	iTunes and Google Play store	2017 NAMS hormone therapy position statement	• Uses patient data to decide on candidates for pharmacologic treatment of menopausal symptoms and optimal therapy • Calculates a cardiovascular disease risk score • Includes links to a breast cancer risk score assessment and an osteoporosis/bone fracture risk assessment

Abbreviation: NAMS, The North American Menopause Society.