

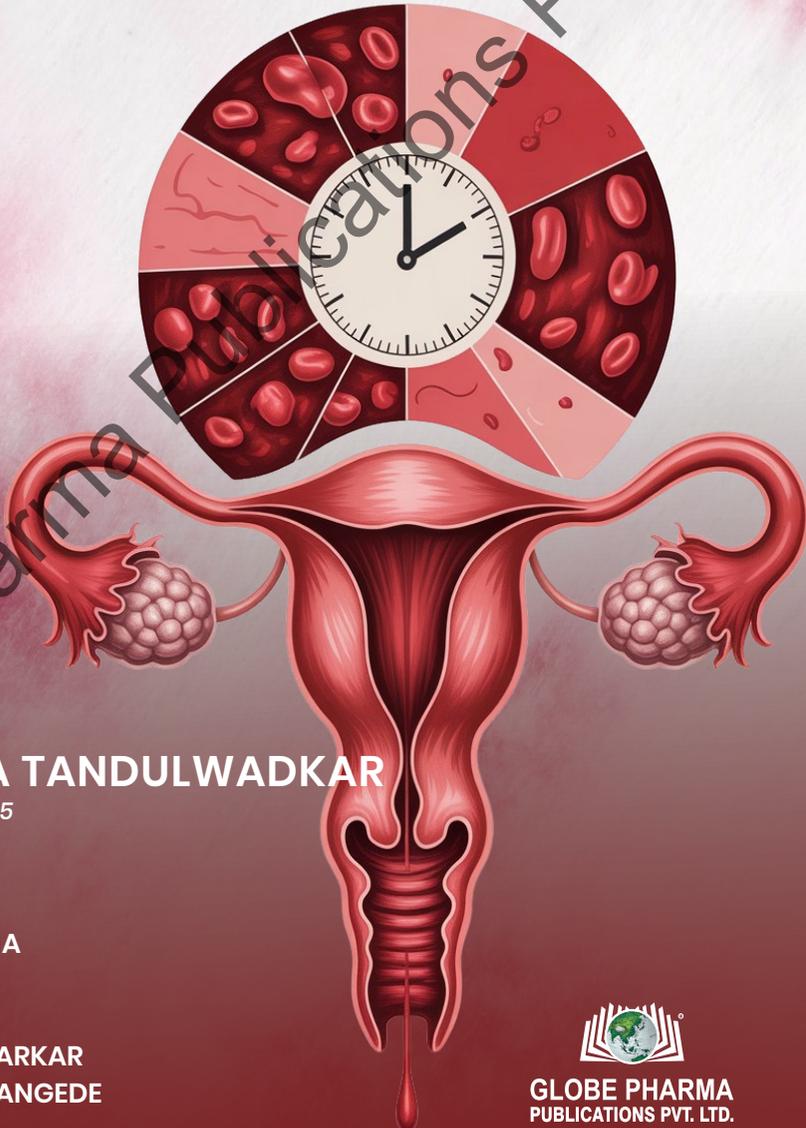


EEBR 2025

FOGSI EEBR 2.0

MENOPAUSE

ETHICAL EVIDENCE-BASED RECOMMENDATIONS



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Foreword

In recent years, menopause has moved from being a quiet, private transition to a widely discussed phase of a woman's life. Public figures, spiritual leaders and celebrities have begun speaking about it openly, creating space for conversations that were long overdue. While this growing awareness is encouraging, it places an even greater responsibility on us as clinicians to offer guidance that is rooted in science rather than trend. Being at the helm of an organization deeply committed to advancing clinical standards, I consider it my duty to ensure that our fraternity remains equipped with updated, ethical and evidence-based knowledge-so that our counsel to women reflects clarity, accuracy and compassion.

Menopause is multifaceted; its presentations vary widely across individuals and the impact on physical, emotional, metabolic and sexual health can be profound. Lifestyle modification continues to be the cornerstone of therapy and its benefits today are supported by a stronger body of evidence than ever before. Alongside, newer non-hormonal therapies have emerged, offering effective relief for women who cannot or prefer not to use hormonal treatments. Even within the domain of hormone replacement therapy, evolving insights and revised recommendations require us to stay current, understand nuances and prescribe judiciously. As awareness rises, so do expectations-and it becomes our moral and professional obligation to help women navigate this transition with confidence and dignity. By understanding the diverse problems with which menopausal women present, we can empower them to lead fuller, healthier and more productive lives in a society that increasingly recognizes their needs.

This volume of ethical, evidence-based recommendations has been crafted with immense care by editors and authors who have devoted months of rigorous effort to synthesizing current literature into practical guidance. Their thoughtful interpretations, scientific discipline and commitment to clarity have shaped a resource of immense relevance to everyday clinical practice. I extend my heartfelt appreciation to each of them for their exemplary contribution.

May this book support clinicians across the country in offering informed, sensitive and individualized care-ensuring that every woman experiences menopause not as a limitation, but as a transition into a vibrant new phase of life.

Warm regards,



Dr. Sunita Tandulwadkar

President, FOGSI 2025

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