
Postmenopausal Diseases and Disorders

Faustino R. Pérez-López
Editor

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 Springer

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ISBN 978-3-030-13935-3 ISBN 978-3-030-13936-0 (eBook)
<https://doi.org/10.1007/978-3-030-13936-0>

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The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

Preface

The second half of female life corresponds to the last years of the reproductive phase and postmenopause. During this period, the specific phenomenon of the menopause occurs, as a consequence of ovarian function cessation, converging in parallel with physical aging. Elder women have specific risk features and disease managements that differ from those of elder men. Therefore, it is clear that due to these differences, medical care should be gender-based. Furthermore, gender biases in medical research have been frequent, and many drugs have not been tested in women before coming into the market. Therefore, it is not surprising that adverse drug reactions are more likely to occur in women than in men due to the lack of gender-oriented research.

Science and medicine are continuous processes characterized by the substitution of “old” for “new” evidence. The so-called evidence-based medicine (EBM) refers to clinical decision-making or the indication of interventions based on validated tests or scientific data. Nonetheless, EBM cannot provide answers to all scientific questions or, in many cases, may not provide a sufficient level of quality. Hence, well-designed observational studies may also provide provisional recommendations—and limitations—for clinical interventions until randomized controlled trials offer a higher level of evidence. Thus, management strategies that are based on clinical trials undertaken in younger people or in men may not be appropriate for postmenopausal women.

For much time, physicians and other healthcare providers have accepted as routine care those procedures and treatments that seem consolidated or free of any discussion. However, sooner or later, uncertainties or limitations are detected, even in the most obvious aspects, and everything is subject to revision. Therefore, science is a *perpetuum mobile*, and this book has tried to collect the most rigorous and current scientific information as a starting point to delve into each topic. The aim of this book is to provide a practical, holistic, unbiased, and non-promotional guide for health professionals dealing with women in their post-reproductive years. International authors and opinion leaders cover the wide spectrum of gynecological and non-gynecological conditions affecting post-reproductive health. Evidence-based information, where available, is presented, and clinical recommendations are put into perspective. The book therefore provides an integrated approach to post-reproductive health.

This book includes many topics that are relevant to women's health during their second half of life, written by opinion leaders in their corresponding area of knowledge. Each reader will jump into chapters that are closer to their quotidian area of clinical or research interest and healthcare work. In addition, the book also expects to serve as a consulting reference for those borderline/frontier aspects or topics that are not so close to the daily clinical practice yet need to be reassessed or updated in a given moment.

From time to time, we need to "pause" in order to assess where we are, and where we want to go, to reach the best clinical approach as researchers, academics, and healthcare providers. The authors of the different chapters have performed a great effort in order to provide a critical analysis of the state-of-the-art knowledge, without omitting doubts or controversies. The last years have been a time of progress in diagnosis, treatments, and integration of renovated ideas, which have not been exempt from controversy. This book includes the best evidence possible related to different hot topics in older women's health. Many chapters also put into perspective clinical recommendations, always based on recent meta-analyses.

The editor wants to thank the authors for their dedication and efforts in writing on schedule. I would also like to thank Springer Nature for their excellent and rapid editorial assistance. The editor and the authors look forward to an international readership taking advantage of this book to update their knowledge and improve their clinical practice.

Zaragoza, Spain

Faustino R. Pérez-López

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