

<b>CHAPTER 14</b>	<b>Thought Lab 14.4: Therapy Options for Menopause Answer Key</b>	<b>BLM 14.3.7A</b>
<b>ANSWER KEY</b>		

### **Answers to Procedure Questions**

1. The most common therapies are: combined HRT; non-pharmaceutical supplements in various combinations; yoga; changes in diet (e.g. excluding alcohol; adding soybased products); naturopathy; and exercise.
2. Use up-to-date and reliable sources for your research.
3. Your report should include a statement of what treatment therapies were being investigated, clear headings and sub-headings, indicating the organization of the information, and detailed source documentation.

### **Answers to Analysis Questions**

1. Justify any claims that one therapy is “better” than the others with information uncovered during your research. Likely answers will include the fact that the effectiveness of therapy varies from one woman to the next, in terms of relief from symptoms and possible side effects, and so does their personal choice for therapy. Most (pharmaceutical) medications have side effects and benefits that require a careful assessment of possible risks.
2. Discuss the importance of experimental and clinical trials before practitioners and pharmaceutical companies release drug therapies to the public to ensure that the risks and short- or long-term side effects are better known.