

## The Role of Integrative Medicine in Menopause and Post-Menopause

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### ABSTRACT

With the aging of the world's population, the management of menopause-related symptoms has become an important challenge for public health and clinical medicine. Recent clinical research has demonstrated the effectiveness of integrative medicine in managing menopausal symptoms. Integrative medicine in menopause management emphasizes the comprehensive evaluation of patient's physiological, psychological, and social factors and the tailoring of treatment plans according to individual characteristics. Its core concept is to respect patients' needs and choices and to achieve the effect of integrative management by combining various treatment means, such as Western medicine, Chinese medicine, psychotherapy, and nutritional supplementation. However, integrative medicine still faces some challenges in menopause management, including the degree of individualization of treatment protocols and uneven distribution of healthcare resources. Future studies need to further explore the best practice model of integrative medicine and conduct more multi-center, large-sample clinical trials to determine its clinical efficacy and safety. In conclusion, integrative medicine has shown great promise in menopause management, but its clinical value still needs to be confirmed through more high-quality studies. It is expected that the development of integrative medicine will be further promoted in the future to provide more comprehensive and effective healthcare for menopausal and menopausal women.

**Keywords:** menopausal syndrome; menopausal transition; vasomotor symptoms; hormone replacement therapy; medicinal plant.