Menopausal transition opens the door of a new space, blur and at times disoriented for both, patient and physician. Lack of information is a key obstacle for both. Despite of international guidelines there is no comprehensive text that implies integrative and interactive conventional, complementary and self-help combinations. Internet is excellent pool of data, unfortunately asphyxed with great number of incorrect information that are misleading for patient.

Menopause is great opportunity to revise history and adopt measures of assessment for chronic diseases, set regular check-up plan and stimulate changes in lifestyle. It is excellent opportunity for patient and doctor to expel wrong association that menopause is exclusively linked to hormonal therapy (HT). If choosing HT, the best contemporary option, close to natural in conventional manner is to be advised.

As medical intervention in menopause is not HT only, patient must be informed of all possible treatment and life-style options as family planning, cessation of smoking, cardiovascular disease risk prevention, osteoporosis prevention, maintance of mental well-being, maintance of sexuality, cancer screening and treatment of urological problems.