Mrs. Hamilton’s Postmenopausal Bleeding, based on Question 48, page 40, 2011 USMLE Sample Exam

Camille Stephens and Mary Ann Weaver

A 60-year-old nulligravid woman comes to the physician because of intermittent, light vaginal bleeding for 4 months. She has no history of illness except for hypertension controlled with nifedipine therapy. Menopause occurred 9 years ago. Her last Pap smear was 2 years ago and showed normal findings. Her temperature is 37.1°C (98.8°F), pulse is 84/min, and blood pressure is 138/86 mm Hg. There is a small amount of blood at the cervical os; examination is otherwise noncontributory. Which of the following is the most appropriate next step in management?

(A) Reexamination in 6 months
(B) Oral conjugated estrogen therapy
(C) Colposcopy
(D) **Endometrial sampling**
(E) Ablation of the endometrium

Learning Objectives

- Identify the most appropriate next step in management for a woman
| **The listener should be able to:** | with intermittent, light vaginal bleeding  
| | ▪ Compare potential management strategies  
| **Key Teaching Points** | This video simulates a medical student and physician discussing a case of post-menopausal bleeding and the appropriate next step in management.  
| **Keywords** | geriatrics, Step2CK, postmenopausal bleeding, endometrial, cancer, sample, biopsy  
| **Comments** | Prepared using Xtranormal.com  
| | Available at www.ttuhsc.edu  
| **References** | |