Course Title: Aging in Women: The Menopausal Transition  
Course Code: BIO 06  
Instructor: Sohila Zadran, PhD

Course Summary & a Note from the Instructor:  
Most women will spend at least one third of their lifetime in menopause and although researchers and studies have implicated a decline in estrogen levels to the onset of menopause, it is still unclear what the exact biological mechanism of action underlying menopause is. In this course, we will explore the current research and theories that attempt to explain the evolution and biology of menopause. Join us we explore the unique biology of aging in women.

*Please see course page for full description and additional details.

Tentative Weekly Outline:

Week 1: Introduction to Menopause  
Fertility, Perimenopause, Menopause and Manopause  
Assign Research Report Assignment

Week 2: Menopause and the Brain  
Cognitive Decline, Alzheimer’s Disease and Sleep  
Research Report Topics Due

Week 3: Menopause and the Heart  
Cardiovascular Disease, Hormone Therapy, Sexuality  
Class roundtable: Update on Research Reports Due

Week 4: Menopause and the Immune System  
Osteoporosis, Metabolism and Pain

Week 5: Menopause and Therapeutics  
Research Reports Due (for those taking the course for a Letter Grade)

Grade Options and Requirements:

- No Grade Requested (NGR)  
  - This is the default option. Just come to class! No work will be required; no credit shall be received; no proof of attendance can be provided.

- Credit/No Credit (CR/NC)  
  - Students must attend at least 80% of class sessions.

- Letter Grade (A, B, C, D, No Pass)  
  - Students must attend at least 80% of class sessions, and complete a five-page research report

Please contact the Stanford Continuing Studies office with any questions  
365 Lasuen St., Stanford, CA 94305  
continuingstudies@stanford.edu  
650-725-2650
*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

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