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REVIEWER'S REPORT

Manuscript No.: IJAR-59676

Title: Menopausal Hormone Therapy in Perimenopause and Menopause: Indications, Benefits, Risks, and Individualized Care.

Recommendation:
Accept as it is □□□□..
Accept after minor revision□√□□
Accept after major revision □□□□□
Do not accept (*Reasons below*) □□□

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity		√		
Significance			√	

Reviewer ID: JP085

Reviewer's Comment for Publication.

The manuscript discusses the use of menopausal hormone therapy (MHT) during perimenopause and menopause. It explains the benefits, risks, indications, contraindications, and different treatment options. It also discusses the effects of MHT on hot flashes, bone health, sleep, cardiovascular health, breast cancer risk, and glucose metabolism. The article includes information from clinical trials, systematic reviews, observational studies, and international guidelines. It highlights the importance of individualized treatment and shared decision-making.

Strength:

1. The topic is important and relevant to women's health.
2. The manuscript covers both the benefits and risks of menopausal hormone therapy.
3. It discusses several important clinical studies, including the Women's Health Initiative (WHI).
4. The role of different estrogen administration routes is explained.
5. The article discusses both hormonal and non-hormonal treatment options.
6. The importance of individualized treatment is clearly highlighted.
7. Tables are included to summarize clinical evidence and treatment options.

Weakness:

1. The literature search is limited to selected sources.
2. Complete search details are not provided.
3. The quality of the included studies is not formally assessed.
4. Some points are repeated in different sections.
5. Some paragraphs are too long.
6. More details about hormone types and doses are needed.
7. The safety differences between different progestogens need more explanation.

Overall assessment:

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The manuscript provides a good overview of menopausal hormone therapy and its role in managing menopausal symptoms. The topic is relevant, and the article includes useful information from clinical studies and international guidelines. However, improvements are needed in the literature search description, supporting evidence, organization, and presentation of information.

Recommendation: Manuscript accepted for publication after minor revision.