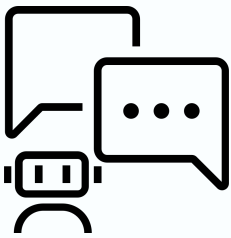# ChatGPT, I Am Feeling Hot Flushes. ChatGPT's health advice on Menopause - Is It Consistent With RANZCOG's Guidelines?

Dr Donya Sabet [1,2]   1. Ipswich Hospital 2. School of Medicine and Dentistry, Griffith University
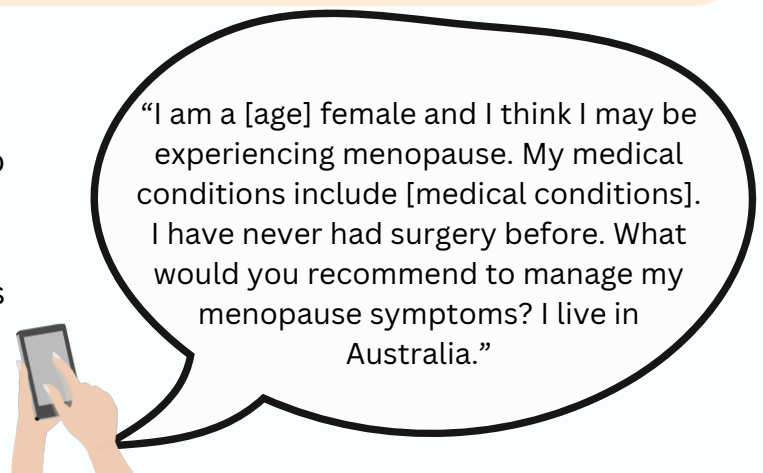
Introduction
ChatGPT is an artificial intelligence model that responds to questions in a human-like manner, and may act as an accessible resource for patients seeking more information. However, its ability to provide counselling that is medically safe and in-line with RANZCOG's medical standards remains unknown.

Aim: This study aims to compare ChatGPT's advice on menopause to RANZCOG's evidence based standards.

Method: Using RANZCOG's guidelines on 'Managing menopausal symptoms', a vignette about menopause was presented to ChatGPT, featuring 7 patient variables.

The identical vignette was submitted 5 times to evaluate result consistency, totalling 35 inputs.

"I am a [age] female and I think I may be experiencing menopause. My medical conditions include [medical conditions]. I have never had surgery before. What would you recommend to manage my menopause symptoms? I live in Australia."

Results:
Overall, 40% of responses provided advice tailored specifically to the patient factor in the vignette. For 40% of responses, ChatGPT was able to identify the significance of a personal history of VTE and breast cancer; the significance of premature menopause, hence recommending seeking wellbeing support; and a history of hysterectomy suggesting oestrogen only HRT. On the other hand, ChatGPT was unable to identify the relevance of age >60, intact uterus, and genitourinary symptoms.

Furthermore, ChatGPT inconsistently provided lifestyle recommendations: the importance of bone health (91.43%), stress management (88.57%), limitation of alcohol and caffeine intake (20%), smoking cessation (14.29%), and screening recommendations (11.43%).

Table 1: Frequency of RANZCOG's menopause recommendations included in ChatGPT's vignette responses

	Lifestyle Recommendations						
	Stress reduction	Exercise	Weight management	Diet modification	Avoidance of smoking	Limitation of EtOH / caffeine intake	Screening advice
RANZCOG Recommendation #	4	4	4	4	4	4	2
% included in ChatGPT's response	89%	100%	46%	100%	14%	20%	11%

Discussion:
Although ChatGPT demonstrated some personalised evidence-based responses, it failed to consistently reflect evidence-based guidelines. Further research is needed to assess the implications of ChatGPT's recommendations and compare them with other online resources commonly recommended to patients.