



MENOPAUSE 101

What is menopause?

Menopause is the natural transition in a woman's body towards having no periods. During this time, a woman may experience various symptoms due to the changing hormone levels in her body.

Typically occurs between ages

45 - 55

Average age of menopause in the US

51

In the US, approximately

1.3 MILLION

women become menopausal every year

What are the stages of menopause?

Perimenopause

- ❖ Transitional phase before menopause
- ❖ Periods start to occur less frequently and can be irregular
- ❖ Ovulation, the release of eggs, occurs less frequently

2-8 years

Menopause

- ❖ Diagnosed when a woman does not have her period for 12 consecutive months
- ❖ Normal part of aging
- ❖ Happens to all women
- ❖ Pregnancy is still possible until the end of the menopausal period
- ❖ Contraceptives to prevent pregnancy are recommended until the end of the menopausal period

12 months

Postmenopause

- ❖ Phase that lasts after menopause has finished
- ❖ Menstruation will no longer occur
- ❖ Pregnancy is no longer possible
- ❖ Reduction of hormones such as estrogen and progesterone may lead to:
 - ❖ Weight gain
 - ❖ High blood pressure
 - ❖ Decreased bone density
 - ❖ Diabetes

What symptoms can I expect?

Perimenopause and menopause have different ranges and severities of symptoms for each individual. Here are some of the most common symptoms and ways to relieve them.



Irregular Periods Prior to Menopause

What to expect: Periods may be heavy or may stop for one month and continue the next

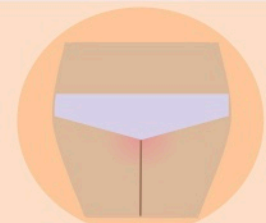
Symptom relief: Low-dose birth control pills can help regulate menstrual periods



Hot Flashes

What to expect: Sudden feeling of heat that may cause sweating and red blotches

Symptom relief: Keep a fan in your bedroom and stay hydrated with cool fluids



Vaginal Dryness

What to expect: Vaginal tissues start to produce less fluids and may feel "dry"

Symptom relief: Using a water-based lubricant or vaginal cream to moisturize the vaginal area; Some may consider low-dose hormone therapy as well



Anxiety and Irritability

What to expect: You may feel irritable, experience mood swings, or feelings of depression and anxiety

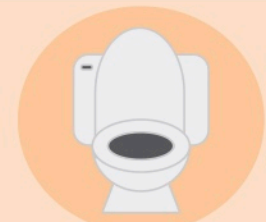
Symptom relief: Participate in activities that relieve stress such as exercising, getting enough sleep, and eating healthy foods



Sleeping Difficulties

What to expect: Difficulty falling asleep and staying asleep

Symptom relief: Try to fall asleep and wake up at the same time every day; Avoid caffeine after morning alcohol before bedtime



Loss of Bladder Control

What to expect: Difficulty holding urination or even leaking urine when sneezing

Symptom relief: Reduce caffeine and alcohol consumption as they will induce excess urine; Consider doing exercises that strengthen the pelvic muscle such as Kegel exercises