

Fast Facts

Menopause

- Naturally occurring process that signifies the end of a woman's menstrual cycles
 - Usually happens in 40s or 50s
- Decline in hormone production (estrogen and progesterone)
- Diagnosed after you've gone 12 months without a menstrual cycle
- Can have irregular cycles with skipping some or having them more frequently or close together during menopause (which is why it is possible to get pregnant during this period)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Irregular cycles -Vaginal dryness -Hot flashes -Chills -Night sweats -Mood changes -Weight gain -Slow metabolism -Thinning hair -Dry skin -Loss of breast fullness 	<p>Focus: relieving symptoms and managing conditions that can occur as the result of the body going through menopause</p> <ul style="list-style-type: none"> -Hormone replacement therapy (most common method) -Some women are unable to take replacement hormones, so may take a low-dose SSRI (selective serotonin reuptake inhibitor) antidepressant, gabapentin or clonidine -Medications to prevent or treat osteoporosis -Exercise and eat healthy to prevent cardiovascular issues -Do pelvic floor muscle exercises to prevent urinary incontinence -Use estrogen-containing cream, tablets or rings to help with vaginal dryness -Hot flashes can be triggered by certain things, such as hot beverages, alcohol, caffeine or hot weather—learn yours and avoid when possible -Dress in layers (makes it easier to remove clothes if you get too hot) 	None

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