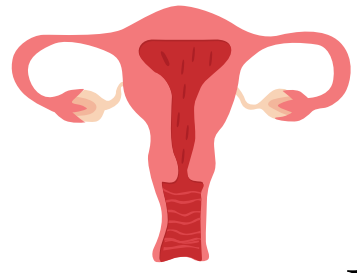
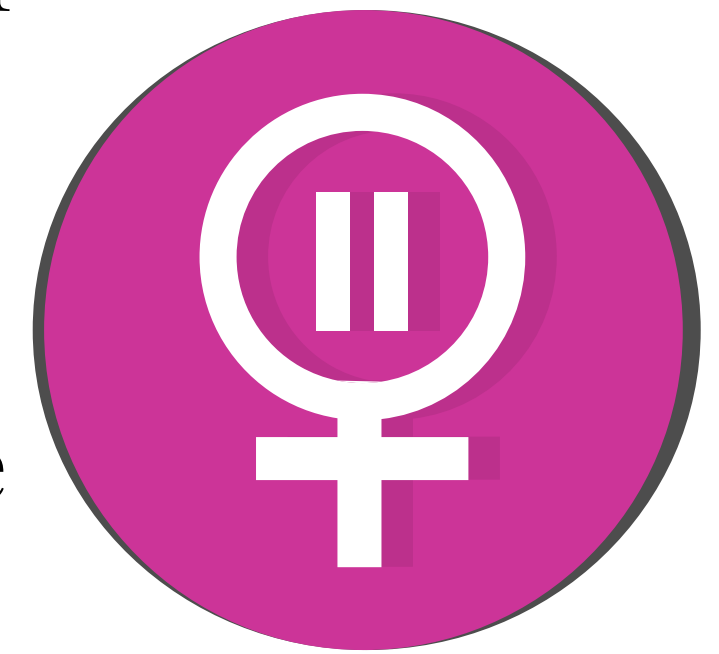


MENOPAUSE

A person's ovaries stop working and they stop getting their period. Menopause is defined as not having a period for 12 or more consecutive months.



This typically happens between the ages of 40 and 58. When someone is menopausal, they can no longer become pregnant. The transition into menopause is called **perimenopause**.



Symptoms:

People experience menopause differently; they may have severe symptoms or no symptoms at all.



Changes in the length and frequency of your periods.
Skipping a period or having them close together.

Other symptoms can include:

Hot flashes or night sweats
Vaginal dryness, itching, or pain

Painful sex
Difficulty sleeping

Urinary issues like loss of bladder control

Change in sex drive
Mood changes

Changes to your body:

thinner skin, muscle loss, gain of fat, joint stiffness

What can I do about it?

Talk to your healthcare provider about your options, which may include...

- Symptom specific treatments (medications, creams, therapies)
- Hormone replacement therapy (HRT) with either estrogen or estrogen and progesterone. HRT can alleviate symptoms, but also comes with increased risk of certain cancers.

Regular exercise can decrease menopause symptoms and keeps you healthy preventing many other diseases.

Take vitamin D and calcium to help prevent osteoporosis.

Get regular tests screening for cervix (pap smear), colon (colonoscopy), and breast (mammogram) cancer.

