



Understanding Menopause

How to navigate the uncertainty and advocate for yourself

Menopause brings a lot of changes to your body, emotions, and social life. Each person's experience is different, but it's important to take care of your health. Find a doctor you trust, talk about your symptoms, and get the support you need.

The three stages of menopause

Perimenopause

Menstrual cycles often change and common symptoms like hot flashes and mood swings may appear.

Can begin as early as age

35

Menopause

The point when someone hasn't had a period for 12 months, marking the end of their reproductive years.

Often starts around the age

45

Post-menopause

Symptoms may continue and the risk for bone and heart disease increases. While everyone is different, this stage

Often begins around the age

55+



Some common symptoms include:

- Changes in menstrual cycle
- Hot flashes
- Difficulty falling asleep
- Mood swings
- Anxiety & depression
- Vaginal & bladder problems
- Reduced interest in sexual activity
- Hair loss & dry skin
- Weight gain
- Difficulty concentrating
- Forgetfulness



Importance of protecting your heart and bone health

25%

Heart disease is responsible for about 1 in 4 deaths among postmenopausal women.

Centers for Disease Control and Prevention (CDC)

2x

After menopause, the risk of a heart attack doubles.

American Heart Association

20%

Bone density lost within the first 5-7 years after menopause.

National Osteoporosis Foundation



Some questions you can ask your doctor:

- What happens during each stage of menopause?
- How can I manage my symptoms?
- How do I keep my heart healthy during menopause?
- What treatments or lifestyle changes should I try?
- How can I find support that fits my culture and body type?
- What preventive screenings should I get during menopause to stay healthy?



Please note: This flyer is just for information. It is not a replacement for talking to a doctor, getting a diagnosis, or treatment.