



Menopause

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What is menopause?

Menopause is the stage in a woman's life when her periods become infrequent and irregular, eventually ceasing altogether. It usually occurs between the late 40s and early 50s.

Why is it significant?

Although it's a natural process, menopause is often accompanied by uncomfortable symptoms, including hot flashes and/or night sweats, trouble sleeping, vaginal dryness and mood swings.

What else should I be aware of?

Certain medical treatments, including radiation therapy, chemotherapy and having your ovaries removed, can cause premature menopause. Check with your doctor if you believe this may be the case with you.



What can I do?

- ✓ Eat a nutritious diet high in fibre, calcium and plant-based fats and low in saturated and trans fats. Some studies suggest that soy may help relieve menopausal symptoms.
- ✓ Engage in 30-60 minutes of physical activity daily.
- ✓ Determine if there are any triggers that set off your symptoms (for example, hot or spicy foods, alcohol or caffeine, being in a hot place) and limit your exposure to them.
- ✓ Dress in layers to regulate your temperature.
- ✓ Use a water-based lubricant (like Astroglide Gel) for vaginal dryness.
- ✓ If you smoke, take steps to quit immediately.
- ✓ Menopause can be a stressful time. Practising relaxation techniques, such as yoga, meditation and deep breathing, can help.
- ✓ Learn more about menopause by going to www.makinghealthhappen.com.

What can I take?

Herbal remedies can sometimes help to ease menopausal symptoms. However, don't take these for a prolonged period or if you're pregnant. For severe symptoms, you may want to consider hormone replacement therapy (HRT). Talk to your doctor about whether HRT would be beneficial for you.



Go to MakingHealthHappen.com and enter **hw228763** in the search box to learn more about Menopause.