



MiDOViA

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Menopause Made Simple

Essential Wellness Guide

What is Menopause?

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Menopause sets in after an individual has passed a full year without experiencing a menstrual period.



However, the period leading up to this time is known as perimenopause. This period generally extends for a span of three to seven years. Throughout the perimenopausal phase, there will be variations in the levels of estrogen and progesterone, accompanied by several physical and physiological transformations.

The following pages will outline some of the more common symptoms you may experience.



Menopause

DEFINED

Menopause can often be confusing. We've broken down the key terms associated with menopause to help you grasp this phase of life more clearly.

Bioidentical Hormone Replacement Therapy (BHRT): A form of HRT that uses hormones derived from plant sources that are structurally identical to those produced by the human body.

Dyspareunia: Painful intercourse, often associated with conditions such as vaginal dryness, pelvic floor dysfunction, or psychological factors.

Endometrial Hyperplasia: A condition characterized by the abnormal thickening of the lining of the uterus, often caused by excess estrogen without sufficient progesterone.

Endometriosis: A disorder in which tissue similar to the lining of the uterus grows outside the uterus, causing pelvic pain, infertility, and other symptoms.

Estrogen: Primary female sex hormone responsible for the development and regulation of the female reproductive system, including menstruation and secondary sexual characteristics.

Follicle-Stimulating Hormone (FSH): A hormone produced by the pituitary gland that stimulates the growth of ovarian follicles and plays a crucial role in the menstrual cycle.

Hormone Replacement Therapy (HRT): Also known as Menopause Hormone Therapy (MHT). Treatment to relieve symptoms of menopause by supplementing the body with estrogen, progesterone, or both hormones.

Hysterectomy: Surgical removal of the uterus, sometimes performed to treat conditions such as uterine fibroids, endometriosis, or certain cancers.

Luteinizing Hormone (LH): Another hormone produced by the pituitary gland that triggers ovulation and plays a role in the menstrual cycle.



Menopause

DEFINED

When we are educated, we are better able to make informed choices that affect our overall well-being.

Menopause: The point at which a woman has not had a menstrual period for 12 consecutive months, indicating the end of fertility.

Oophorectomy: The surgical removal of one or both ovaries. This procedure may be performed for various reasons, including the treatment of ovarian cancer, endometriosis, ovarian cysts, or as a preventive measure for women at high risk of ovarian cancer

Osteopenia: A precursor to osteoporosis, characterized by lower than normal bone density but not yet meeting the criteria for osteoporosis, often considered a warning sign of bone health issues.

Osteoporosis: A condition characterized by weakened and brittle bones, increasing the risk of fractures, particularly in postmenopausal women due to decreased estrogen levels.

Pelvic Organ Prolapse: A condition in which pelvic organs, such as the bladder, uterus, or rectum, protrude into the vaginal canal due to weakened pelvic floor muscles.

Perimenopause: The transitional phase before menopause, marked by hormonal fluctuations and irregular menstrual cycles.

Polycystic Ovary Syndrome (PCOS): A hormonal disorder characterized by enlarged ovaries with small cysts on the outer edges, often leading to irregular periods, excess androgen levels, and difficulties with fertility.

Premature Ovarian Insufficiency (POI): Formerly known as premature menopause or early menopause, POI refers to the loss of normal ovarian function before the age of 40, leading to infertility and hormonal imbalances.



Menopause

DEFINED

Women's bodies experience many changes over their lifetime.

Progesterone: Another female sex hormone that plays a crucial role in regulating the menstrual cycle, preparing the uterus for pregnancy, and maintaining pregnancy.

Vaginal Atrophy: Thinning, drying, and inflammation of the vaginal walls due to declining estrogen levels, often resulting in discomfort, pain during intercourse, and increased risk of infection.

Hormone Replacement Therapy Options:

Transdermal: This refers to a method of administering hormones through the skin, typically via patches or gels, allowing for absorption directly into the bloodstream.

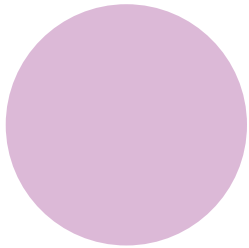
Pellets: These are small, solid hormone implants inserted under the skin, usually in the buttocks or abdomen, which gradually release hormones over time to maintain hormonal balance. *Pellets are not FDA approved or regulated.*

Oral: This method involves taking hormones in pill form, which are absorbed through the digestive system before entering the bloodstream.

Topical: This involves applying hormone creams or gels directly to the skin, where they are absorbed into the bloodstream through the skin's surface.

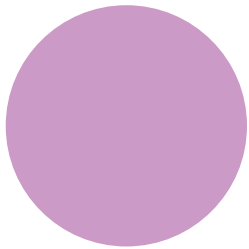
Injection: Hormones can also be administered via injection, where a needle is used to deliver the hormones directly into the muscle or fatty tissue, allowing for rapid absorption into the bloodstream.

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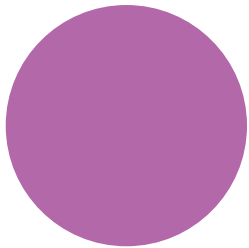
Early Menopause *(late 30s - early 40s)*

Up to 12% of women will have their final period before the age of 45. If women have had surgical induced menopause, this percentage could be higher.



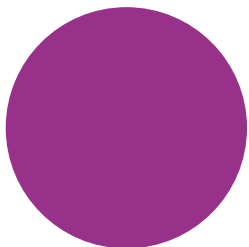
Perimenopause *(early 40s- early 50s)*

Perimenopause serves as a transitional phase bridging the gap between pre-menopause and menopause. Generally beginning in a woman's 40s, this period persists for multiple years. Throughout this duration, the effects of hormonal changes become evident as the ovaries gradually cease their function.



Menopause *(late 40s - mid 50s)*

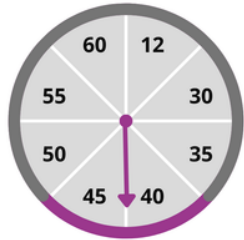
The impact of menopause can be felt by women anywhere from their 30s to their 60s. The average age at which menopause typically begins among women in the US is 51. For a woman to be officially in the menopausal stage, she must have experienced a continuous absence of menstrual cycles for a full 12 months.



Postmenopause *(mid - late 50s)*

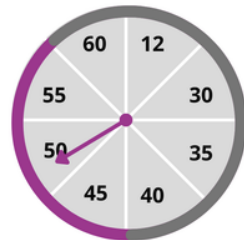
After completing a span of twelve months without a menstrual cycle, a woman enters the postmenopausal phase. This stage persists for the remainder of her life. Fortunately, throughout this period, the symptoms that characterized the years of perimenopause and menopause start to diminish, leading to increased physical comfort for most women.

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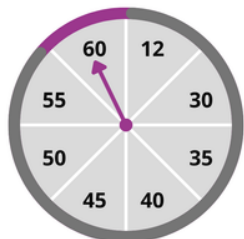
Early Menopause *(before the age of 45)*

Early menopause refers to the onset of menopause before the age of 45, which can result in symptoms and health implications earlier than expected.



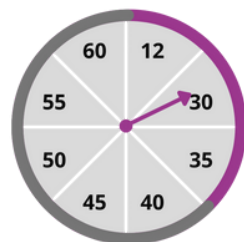
Average *(between ages of 45-55)*

The average age to reach menopause is around 51, although this can range anywhere between ages 45- 55 for many ethnic groups.



Late *(after the age of 55)*

Late menopause occurs after the age of 55, extending the reproductive years and delaying the onset of menopausal symptoms. T



Premature *(between ages of 12-40)*

Premature menopause occurs between the ages of 12 to 40, leading to an early end to menstrual cycles and potential long-term health considerations.

Menopause Symptom Tracker

How to Use the Tracker

- 1. Date:** Record the date you experience the symptom.
- 2. Symptom:** List the specific symptom you're tracking (e.g., hot flashes, mood swings).
- 3. Severity (1-10):** Rate the severity of the symptom on a scale of 1 (mild) to 10 (severe).
- 4. Frequency:** Note how often the symptom occurs (daily, weekly, or less frequent).
- 5. Notes/Triggers:** Add any relevant details, such as triggers or activities that seem to influence the symptom (e.g., stress, certain foods).
- 6. Actions Taken:** Record any steps you take to manage the symptom (e.g., supplements, lifestyle changes like meditation, exercise, diet adjustments).
- 7. Progress:** Indicate if the symptom has improved, worsened, or stayed the same since your last entry.

DATE	SYMPTOM	SEVERITY (1-10)	FREQUENCY (Daily/ Weekly)	NOTES/ TRIGGERS	ACTION TAKEN	PROGRESS (BETTER, WORSE, SAME)
9/01/24	Hot Flashes	7	Daily	Stressful day, ate spicy foods	Took black cohosh, wore lighter clothes	Same
9/15/24	Mood Swings	6	Weekly	Felt anxious after bad sleep	Practiced deep breathing, took magnesium supplement	Same

Menopause Symptoms and Suggested Solutions

(note: check with your doctor on any supplements you take so not as to interfere with any other medication you are taking)

Symptom	What's Happening	What to Do	Supplements	Food to Eat	Lifestyle Changes
Anxiety	Changes in hormones, particularly estrogen and progesterone, can trigger anxiety.	Mindfulness meditation, Consider therapy(CBT proven to help w/symptoms)	Magnesium, Ashwagandha	Dark leafy greens, Whole grains, Chamomile tea	Practice yoga or tai chi, Journaling, Deep breathing exercises
Bloating	Hormonal changes slow digestion, leading to bloating.	Eat smaller meals, Drink plenty of water	Probiotics, Digestive enzymes	High-fiber foods, Yogurt (probiotic-rich), Fermented foods	Avoid carbonated drinks, Regular physical activity, Limit salt and processed foods
Bone Loss (Osteoporosis)	Estrogen decline accelerates bone density reduction.	Weight-bearing exercises, Get bone density tests	Calcium, Vitamin D, Magnesium	Dairy products, Sardines, Broccoli	Engage in weight-bearing exercises, Avoid smoking, Limit alcohol consumption

Menopause Symptoms

and Suggested Solutions

Breast Tenderness	Hormonal fluctuations increase breast sensitivity and tenderness.	Wear supportive bras, Apply warm compresses	Evening primrose oil, Vitamin E	Leafy greens, Nuts, Fatty fish	Avoid caffeine, Gentle stretching, Wear comfortable, supportive clothing
Changes in Body Odor	Hormonal fluctuations can change how the body produces sweat and other secretions.	Maintain good hygiene, Use natural deodorants	Zinc, Magnesium	Hydrating foods (cucumbers, watermelon), Green tea	Wear breathable clothing, Stay hydrated, Reduce caffeine and spicy foods
Depression	Hormonal imbalances can lower mood and impact serotonin production.	Seek professional support if needed, Engage in hobbies	St. John's wort, Vitamin D	Omega-3-rich foods, Whole grains, Dark chocolate	Engage in activities that bring joy, Stay socially connected, Practice mindfulness and gratitude
Digestive Issues	Hormonal changes can lead to slower digestion, constipation, or indigestion.	Increase fiber intake, Stay hydrated, Chew food slowly	Probiotics, Digestive enzymes	Fiber-rich foods (vegetables, fruits), Fermented foods	Avoid large, heavy meals, Regular exercise, Stay hydrated

Menopause Symptoms

and Suggested Solutions

Dry Skin	Estrogen decline affects skin moisture and elasticity	Moisturize regularly, stay hydrated	Collagen, Vitamin C, Omega-3s	Avocados, Olive oil, Citrus fruits	Use gentle skincare products, avoid excessive sun exposure, stay hydrated
Electric Shock Sensation	Hormonal changes can affect the nervous system, causing sudden electric shock-like feelings	Gentle stretching, avoid sudden movements	Vitamin B12, Magnesium	Leafy greens, nuts, whole grains	Gentle exercise, practice deep breathing, stress management
Fatigue	Hormonal fluctuations affect sleep quality and energy levels	Rest when needed, establish a regular sleep routine	Vitamin B12, Ashwagandha	Dark leafy greens, eggs, lentils	Create a bedtime routine, limit screen time before bed, gentle yoga or tai chi
Hair Thinning	Hormonal imbalances affect hair growth cycles, leading to thinning	Use gentle hair care products, reduce heat styling	Biotin, Silica, Zinc	Eggs, spinach, seeds (pumpkin, flax)	Avoid harsh chemicals, gentle scalp massages, practice stress management

Menopause Symptoms

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Headaches	Fluctuations in estrogen can trigger migraines or tension headaches	Rest in dark, quiet room, apply cold compresses	Magnesium, Riboflavin (Vitamin B2)	Hydrating fruits (watermelon), almonds, fatty fish	Manage stress, keep a headache diary to identify triggers, regular sleep schedule
Heart Palpitations	Hormone fluctuations may affect the cardiovascular system	Deep breathing, limit caffeine intake	Magnesium, CoQ10	Dark chocolate (in moderation), oats, leafy greens	Practice stress management techniques, regular cardio exercise, get regular check-ups
Hot Flashes	Fluctuating estrogen affects the hypothalamus, disrupting temperature regulation	Dress in layers, use fans, practice mindfulness	Black cohosh, Vitamin E	Leafy greens, soy products (phytoestrogens), Berries	Practice stress management, maintain a healthy weight, limit spicy foods and alcohol
Irregular Periods	Menstrual cycles become unpredictable due to fluctuating hormone levels	Track periods, stay prepared with menstrual products	Magnesium, Omega-3s	Leafy greens, whole grains, nuts	Keep a period journal, reduce caffeine and processed foods, regular physical activity

Menopause Symptoms

and Suggested Solutions

Joint Pain	Reduced estrogen impacts collagen, leading to joint discomfort	Gentle stretching, use anti-inflammatory techniques	Glucosamine, Turmeric, Omega-3s	Anti-inflammatory foods (turmeric, ginger), berries	Gentle exercise (yoga, swimming), maintain a healthy weight, stay active but avoid overexertion
Low Libido	Hormonal changes reduce desire and physical responsiveness	Communicate with your partner, experiment with intimacy	Maca root, Ginseng	Dark chocolate, oysters (zinc-rich), nuts	Open communication with partner, Practice self-care, focus on intimacy, not just sex
Memory Issues	Estrogen impacts cognitive function, causing forgetfulness or brain fog	Use memory aids, stay mentally active	Ginkgo biloba, Vitamin B12	Berries, leafy greens, nuts and seeds	Practice brain games, social engagement, maintain good sleep
Mood Swings	Hormonal changes affect neurotransmitter levels like serotonin	Practice mindfulness, seek therapy if needed	Omega-3s, St. John's wort	Oily fish (salmon), nuts, whole grains	Regular exercise, prioritize mental health, deep breathing or meditation practices

Menopause Symptoms

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Night Sweats	Estrogen drops cause sudden heat and sweating at night	Sleep in a cool room, wear breathable fabrics	Magnesium, Black cohosh	Cold foods, hydrating fruits, nuts and seeds	Ensure proper sleep hygiene, use cooling pillows, avoid caffeine before bed
Painful Intercourse	Vaginal dryness and thinning due to lower estrogen cause discomfort during sex	Use lubricants, consider vaginal estrogen therapy	Vitamin E, Omega-3s	Fatty fish, faxseeds, avocados	Communicate with partner, engage in foreplay, pelvic floor exercises
Sleep Disturbances	Lower estrogen can affect melatonin production and sleep cycles	Maintain sleep hygiene, avoid heavy meals at night	Melatonin, Magnesium	Complex carbs, bananas, almonds	Establish a relaxing bedtime routine, avoid caffeine and alcohol before sleep
Tingling Extremities	Hormonal fluctuations can affect nerve function, leading to tingling or numbness	Gentle massage, stretching exercises	Vitamin B-complex, Omega-3s	Lean proteins, leafy greens, nuts and seeds	Regular movement and stretching, consider physical therapy if needed

Menopause Symptoms

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Urinary Problems	Lower estrogen weakens the bladder and urethral tissues, leading to leakage or infections	Kegel exercises, stay hydrated, practice bladder training	Cranberry extract, Vitamin D	Probiotic-rich foods (yogurt), cranberries, leafy greens	Regular bathroom breaks, pelvic floor exercises, wear breathable clothing
Vaginal Dryness	Reduced estrogen decreases vaginal moisture and elasticity	Use lubricants or moisturizers, stay sexually active	Vitamin E, Omega-3s	Flaxseeds, fatty fish, avocados	Regular sexual activity, Kegel exercises
Weight Gain	Hormonal changes, particularly a decrease in estrogen, can lead to a shift in fat distribution, often resulting in increased abdominal fat. This is influenced by changes in metabolism and how the body stores fat	Maintain a balanced diet, engage in regular physical activity.	Green tea extract, conjugated linoleic acid (CLA).	Lean proteins (chicken, turkey, fish), whole grains (quinoa, brown rice), fruits and vegetables, nuts and seeds.	Eat nutrient-dense foods, monitor portion sizes.



Note:

If you are considering using dietary supplements, it's recommended to:

- Consult with a healthcare professional before starting any new supplements, especially if you have underlying health conditions or are taking medications.
- Choose a reputable brand that undergoes third-party testing for quality and purity.
- Be cautious of unrealistic claims or promises made by supplement manufacturers.

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