

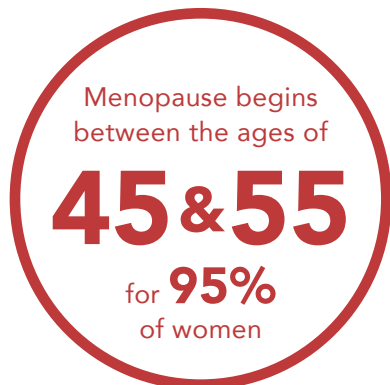
WHAT IS MENOPAUSE?

Menopause is defined as the point in time when a menstrual period has stopped for 12 consecutive months. Hormone levels decline and the ovaries no longer release an egg every month.

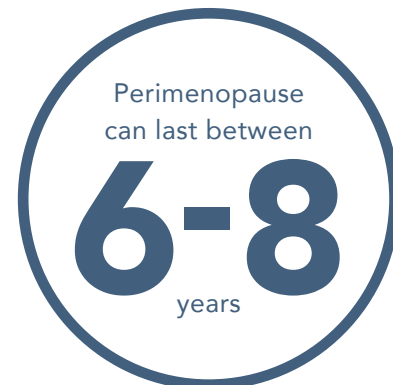
Perimenopause is the time period leading up to this point, characterized by fluctuating hormone levels, which may include menopausal symptoms as well as irregular periods.



WHEN DO YOU REACH MENOPAUSE?



The average age is around 51. If the ovaries stop functioning before the age of 40, it is called premature ovarian insufficiency and has health implications. Younger women should be advised about how to compensate for the loss of ovarian hormones.



Most women experience the physical and emotional changes of perimenopause when ovarian function declines, in their late 40s or early 50s.

SYMPTOMS OF MENOPAUSE

No two women experience perimenopause and menopause in the same way. Some may have difficulties, while others may be symptom-free. Fluctuating hormone levels may lead to:

- Irregular periods
- Memory loss
- Joint aches and pains
- Change in sexual desire
- Vaginal fluid changes (dryness)
- Changes to skin texture and appearance
- Hot flashes
- Fatigue
- Bladder control difficulty
- Mood swings
- Night sweats
- Disruption of sleep patterns (difficulty falling asleep or staying asleep)

LIFESTYLE MODIFICATIONS TO ASSIST WITH SYMPTOMS

Taking care of yourself and refocusing on your overall health is more important than ever.

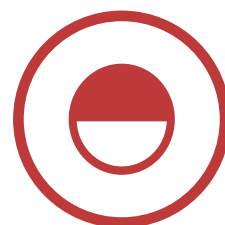
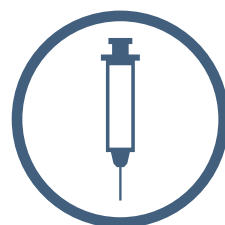
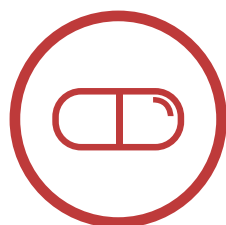
Healthy Lifestyle

A healthy lifestyle helps counter some of the health issues that arise with perimenopause and menopause.

Healthy Diet

As much as possible, choose a healthy diet, try to establish an active lifestyle, manage weight and stress, and limit your consumption of alcohol, cigarettes and caffeine.

HORMONE THERAPY



Hormone therapy (HT) is often the single most effective treatment for disruptive menopausal symptoms.

There has been much written about HT. Current research confirms that hormone therapy is a safe and effective way to treat moderate to severe symptoms of menopause, such as hot flashes, night sweats, mood

swings, insomnia, difficulty concentrating, and vaginal dryness.

Careful analysis of the research indicates that the benefits of HT outweigh the risks for healthy women who start HT within the first ten years of menopause onset.

IF HORMONE THERAPY IS NOT AN OPTION

For some women, hormone therapy is not an option. Other prescription medications can be effective treatments for hot flashes. Talk with your health care provider to find out which method is best for you.

Visit [MenopauseandU.ca](https://www.MenopauseandU.ca) to learn more



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