Menopause is the time in a woman's life when she stops producing the hormones needed for reproduction and menstruation. Most women go through menopause in their 40s or 50s. A woman reaches menopause when she has not had a period for 12 months in a row. The average age of menopause for women in the United States is 51 years old.

Notice any changes to your body or how you feel? Not sure if these changes are from menopause?

Some women do not have any menopause symptoms or may have only a few. Other women may have symptoms that are intense and impact their daily lives. Let’s look over the list below. Are you having any of these symptoms? If yes, how much does each of these symptoms impact your daily life on a scale of 1 to 10?

**SYMPTOM CHECKLIST:**

- Hot flashes or flushes
- Night sweats
- Difficulty falling asleep, staying asleep, or waking up too early
- Urinary urgency
- Feeling forgetful, having difficulty thinking or remembering, feeling a 'brain fog'
- Changes in your mood
- Changes to your memory
- Changes to your body
- Changes to your sex drive
- Changes to your vagina and vulva
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**How much does it impact your daily life?**

Rate from 1 to 10

1 = not at all likely and 10 = very likely

**In a typical week, how likely are you to be active for 30 minutes a day, 5 or more days a week?**

Rate from 1 to 10

1 = not at all likely and 10 = very likely

**In a typical week, how likely are you to eat a healthy diet?**

Rate from 1 to 10

1 = not at all likely and 10 = very likely

**What changes do you think you could make to your lifestyle?**

Set small, achievable goals may help you live a healthier life and help your menopause symptoms. For example, take a 30-minute walk with a friend or family member. You can also try things you once were interested in doing, such as reading, writing, or hiking.

**What changes do you think you could make to your daily routine?**

Setting small, achievable goals to improve your diet, exercise or ways you spend your time may help you manage your menopause symptoms. You can also try things you once were interested in doing, such as reading, writing, or hiking.

**What changes to your body or health have occurred since you entered menopause?**

Based on information from the National Institutes of Health, women who enter menopause in their 40s or 50s may experience a sudden or strong urge to go to the bathroom, difficulty falling asleep, staying asleep, or waking up too early, difficulty thinking or remembering, feeling a 'brain fog', changes in your mood, changes to your memory, changes to your body, changes to your sex drive, changes to your vagina and vulva, and problems sleeping.

**Your health is important.** Please contact your healthcare provider if you have any problems with your menopause symptoms.

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**Please remember that you are not alone and that help is available!**

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**Menopause is a normal part of a woman’s life.** It does not occur suddenly, but over the course of many years during a phase called perimenopause or the menopause transition. How long this period lasts will be different for each woman.

**Your Daily Routine**

Eating Healthy

A healthy daily routine includes having a regular bedtime that allows for 7 to 8 hours of sleep each night. You should avoid caffeine late at night as well as TV and computer screens. You should also set aside a time each day for a low stress activity, such as reading, walking, meditation or yoga.

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