

# menopause:unmuted

## Talking about menopause



### HOW TO PREPARE FOR A CONVERSATION WITH YOUR DOCTOR

It's normal to find talking about menopause and menopause symptoms difficult.<sup>1</sup> Preparing for a conversation with your healthcare professional can help. For example thinking about questions they might ask you and planning what you want to say, before your visit. You can use these questions to guide you.

- “
- What was the date of your last period?
  - Have you noticed any changes to your body or how you are feeling?
  - How long have you been experiencing these symptoms?
  - How much do these symptoms impact your daily life?
  - What questions do you have about how you can treat your menopause symptoms?
  - Have you had any thoughts about how you might want to manage your symptoms?
  - Have you tried any medicines, supplements or therapies to ease your menopause symptoms?

### MENOPAUSE FACTS



#### What happens?

For most women, menopause is a normal part of life. It is when her body stops producing the hormones needed for reproduction and menstruation.<sup>2</sup> Menopause happens gradually during a phase called perimenopause.<sup>3</sup> How long this phase lasts will be different for each woman.<sup>3</sup> Periods stop happening when your ovaries produce different amounts of hormones and no longer release an egg every month.<sup>2</sup>

#### When does it happen?

Most women go through menopause in their 40s or 50s.<sup>3,4</sup> A woman reaches menopause when she has not had a period for 12 months in a row.<sup>2</sup> The average age of menopause for women in the U.S. is 51 years old.<sup>3</sup>

#### What are the symptoms?

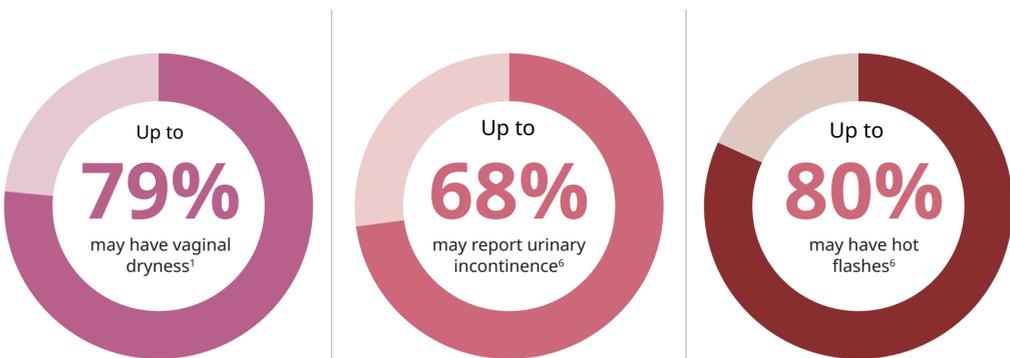
Symptoms can be things that affect you physically or emotionally and impact your quality of life.<sup>4</sup> Women may experience symptoms before, during and after menopause.<sup>5</sup> Some common symptoms of menopause are listed below.

#### Who can I talk to?

Nurse, Pharmacist, Family Physician or Obstetrician/Gynecologist.

### MENOPAUSE SYMPTOMS

While menopause is a normal part of a woman's life, many women may experience uncomfortable signs or symptoms of menopause due to changes in their hormones.<sup>4</sup> If this happens to you, talk to your healthcare provider about your options.



Here are some common symptoms of menopause. They may also be symptoms of other health conditions. If you have any questions or concerns ask your healthcare provider.



#### HOT FLASHES

feeling warm in your face, neck or chest lasting for a few minutes.<sup>3,6</sup>



#### PROBLEMS SLEEPING

difficulty falling asleep, staying asleep, or waking up too early.<sup>3,6</sup>



#### NIGHT SWEATS

sweating at night, often while trying to sleep or while asleep.<sup>3,6</sup>



#### VASOMOTOR

Some menopause symptoms affect how the body's temperature is regulated and increase heart rate.<sup>7</sup>



#### HEART POUNDING, RACING OR PALPITATIONS

feeling that your heart is beating stronger or faster than normal.<sup>7</sup>



#### LEAKING URINE

urinating a little when you cough or laugh.<sup>6</sup>



#### INCONTINENCE

unable to hold your urine long enough to get to the bathroom.<sup>6</sup>



#### CHANGES TO YOUR VAGINA AND VULVA

may feel dry, itchy, or irritated.<sup>1</sup>



#### UROGENITAL

Some menopause symptoms affect the bladder, vagina and vulva.<sup>1</sup>



#### URINARY URGENCY

sudden or strong urge to go to the bathroom.<sup>6</sup>



#### PAIN/DISCOMFORT DURING SEX<sup>6</sup>



#### LOSS OF INTEREST IN SEX

feeling less interested in sex than you once were.<sup>6</sup>



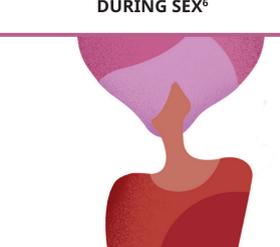
#### CHANGES IN YOUR PERIOD

heavier or lighter than normal, time between periods longer or shorter than normal.<sup>2,3</sup>



#### CHANGES TO YOUR MOOD

feeling more anxious, irritable, or depressed; having less interest in doing things you once enjoyed.<sup>6</sup>



#### OTHER

Menopause symptoms can be physical, but can also affect mood, psychological state and cognitive ability.<sup>4</sup>



#### CHANGES TO YOUR MEMORY

forgetful, having difficulty concentrating, feeling in a 'fog'.<sup>6</sup>

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