Menopause 101

➢ The Basics
  • Definition: the final menstrual period (confirmed when a woman has missed her period for 12 consecutive months with no other obvious causes)
  • Average age of onset: 51

➢ Common Body Changes at Menopause
  • Hot Flashes – most common menopause-related discomfort involving a sudden wave of heat or warmth accompanied by sweating, reddening of the skin, and rapid heartbeat lasting 1-5 minutes and followed by a cold chill
  • Night Sweats – hot flashes at night that disrupt sleep
  • Vaginal Atrophy – the drying and thinning of vaginal tissues

➢ The North American Menopause Society (NAMS)
  • www.menopause.org
  • Menopause & Me including a guided menopause tour with turn-by-turn directions that guides women through the menopause journey
  • Menopause Tools
    ✓ The Menopause Guidebook
    ✓ MenoPro App: a free mobile app designed to help you and your clinician work together to personalize treatment decisions on the basis of your personal preferences taking into account your medical history and risk factor status available for iOS and for Android devices.
    ✓ MenoNotes: downloadable notes on behavioral and lifestyle modifications to reduce hot flashes, and information pages on the pros and cons of hormone vs. non-hormone therapy options, a discussion of pill vs. patch therapy, and information on treatment options for vaginal dryness and pain with sexual activities, with links to tables with information about different medications. Users can print these pages and/or directly access them from phones or tablets.
  • Menopause FAQs: www.menopause.org
  • Menopause News & Notables: www.menopause.org