

Menopause Is a Time of Transition for Women¹



Before and after reaching menopause, at least 85% of women have symptoms; the occurrence and intensity of which vary among individuals²

During menopause, your hormones are changing, which may cause bothersome symptoms¹

- Vasomotor symptoms (VMS), also known as hot flashes and night sweats
- Trouble sleeping
- Pain during sex
- Vaginal dryness
- Joint pain

Menopause: age of onset and other health conditions



Age

Black, Hispanic, and Chinese women in the U.S. tend to start menopause earlier.^{3*} Earlier age at menopause can increase the chances of cardiovascular disease and mortality⁴

If you're experiencing menopause symptoms—you don't have to go through it alone

There are therapies and resources available that may help you manage menopause.⁷ Talk with your healthcare provider to learn more.

Menopause and other health conditions



Menopausal women have an increased risk of cardiovascular disease compared to pre-menopausal women^{5,6}



For menopausal women, decline in bone health is a concern¹



Insulin resistance occurs in many post-menopausal women¹



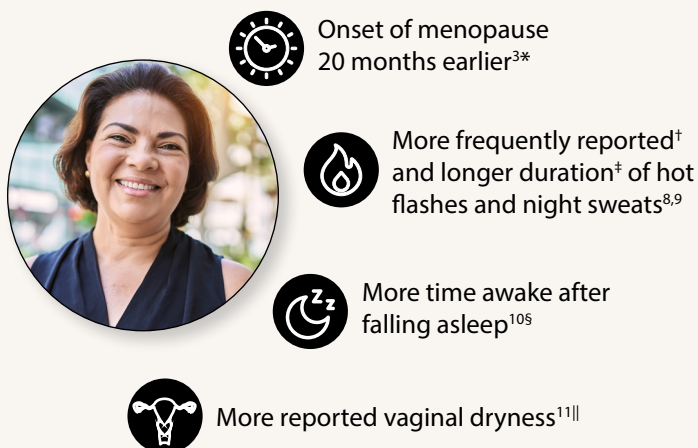
High blood pressure is a risk factor for cardiovascular disease and the prevalence of high blood pressure is increased in menopausal women⁶

*Compared with White women; based on the Study of Women's Health Across the Nation (SWAN) which followed 3,302 eligible U.S. women aged 42 to 52 years through 10 annual visits from 1996 to 2007.³ The study found no significant differences in the age of menopause based on race or ethnicity after considering socioeconomic, lifestyle, and health factors.³

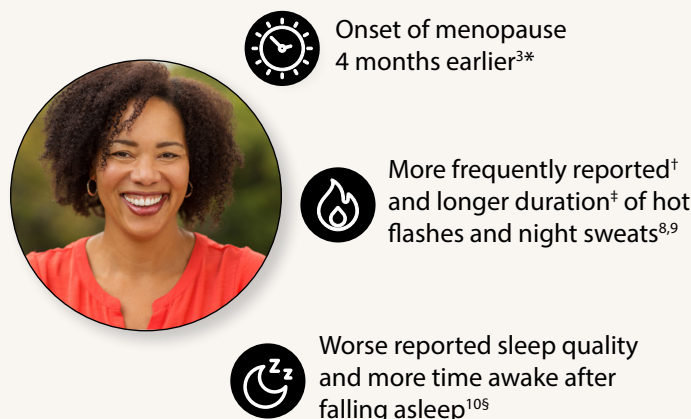
Your race or ethnicity may play a role in your menopause experience¹

Some studies have shown racial and ethnic differences in women's experiences with menopausal symptoms¹

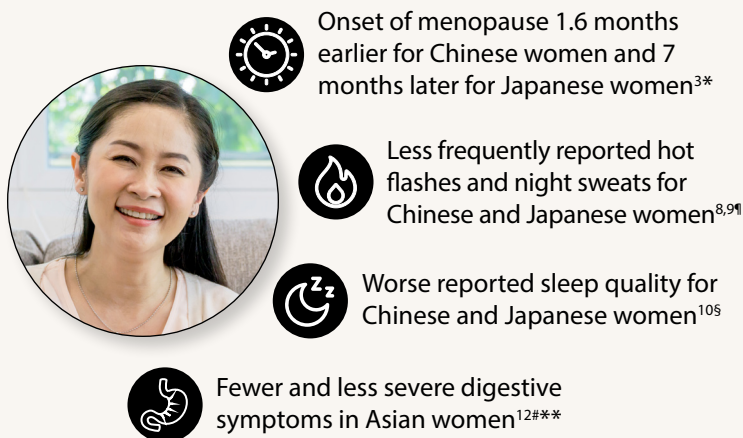
Hispanic



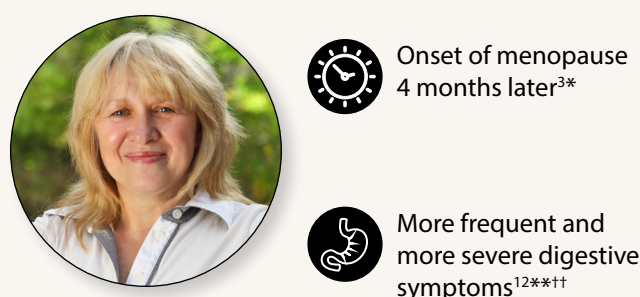
Black



Asian



White



*Compared to the median age at a woman's last menstrual period; based on the Study of Women's Health Across the Nation (SWAN), which followed 3,302 eligible women aged 42 to 52 years through 10 annual visits from 1996 to 2007.³ The study found no significant differences in the age of woman's last period based on race or ethnicity after considering socioeconomic, lifestyle, and health factors.³

†Compared to White, Chinese, and Japanese U.S. women in the SWAN study.⁹

‡Compared to the median total duration of hot flashes and night sweats in the SWAN study.⁸

§Compared to the average of all participants in 1 U.S. study, which included White, Black, Hispanic, Chinese, and Japanese women.¹⁰

||Compared to non-Hispanic Caucasian women in 1 study in the U.S.¹¹

¶Compared to White, Black, and Hispanic U.S. women in the SWAN study.⁹

**Compared to White, African-American, and Hispanic women in 1 study.¹²

***Digestive symptoms of menopause include stomach pain, nausea, vomiting, diarrhea, constipation, appetite loss, weight loss or gain, bloating and heartburn.¹²

††Compared to Asian, African-American, and Hispanic women in 1 study.¹²

Symptoms of menopause are manageable

You and your healthcare provider are a team. If you think you're experiencing menopause symptoms, talk with your healthcare provider, who can discuss resources and treatments with you.

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