



Brain fog? Mood swings? Hot flashes?

**It may not be her.
But it could be menopause.**

As a healthcare provider, you play a crucial role in normalizing the conversation around menopause.

**The conversation may never get started—
she may need you to break the silence.**

There's a chance she's unprepared, embarrassed, or doesn't even realize she's transitioning through menopause, which:

- Often goes untreated¹
- Impacts quality of life²
- Increases the risk of CVD and CAD³
- Increases the risk for developing osteoporosis⁴
- Increases the risk of sleep disruptions⁴



From vasomotor symptoms to amenorrhea, there's a stage for that.

Your patient may think menopause is just menopause. However, there are 3 distinct stages, each with its own set of symptoms and challenges that she should be aware of.⁴

Perimenopause

When your patient first starts experiencing symptoms, such as menstrual irregularities.⁵

Menopause

When your patient has gone 12 consecutive months without a period (without other causes).

**Most women experience menopause
between the ages of 40 and 58 years.⁵**

Postmenopause

The time of life after menopause.⁵

**For many women, symptoms of
menopause will fade away, but some
may continue to experience symptoms
for many years.⁴**

What could she experience?

Menopause is often accompanied by symptoms such as vasomotor symptoms (VMS), mood changes, sleep disturbances, and vaginal symptoms.⁴ Some women may only experience a few symptoms, while others may find that menopause significantly impacts their quality of life.²

Cardiovascular

Increased risk of CVD⁴
Severe VMS and sleep disorders could increase CVD risk⁴
Risk of CAD is 2 to 3 times higher after menopause³
Accelerated increase of LDL⁴

Genitourinary

Menstrual irregularities⁵
Vaginal dryness⁴
Vulvovaginal atrophy⁴
Sexual dysfunction⁴
Dyspareunia⁴
Urethral atrophy⁴
Dysuria⁴
Nocturia⁴
Urge and stress incontinence⁴
Urinary frequency and urgency⁴
Increased incidence of UTIs⁴

Musculoskeletal

Osteoporosis⁴
Increased osteoclastic activity⁴
Osteoarthritis⁴
Sarcopenia⁴
Menopausal arthralgia⁴

Central Nervous

Hot flashes, hot flushes⁴
Night sweats⁴
Poor memory⁴
Decreased focus⁴
Reduced work performance⁴
Anxiety, depression⁴
Disordered sleep⁴
Low self-esteem⁴
Mood changes⁴

Did you know? Hot flashes and night sweats related to menopause have a medical name—they are called Vasomotor Symptoms, or VMS for short.⁵

VMS are frequently referred to as the “hallmark symptom” and the most reported symptoms of perimenopause.⁴ Some patients experience VMS daily and as frequently as nearly every hour.⁶

On average, Hispanic women and Black women tend to experience VMS up to 2 years and 4 years longer than White women, respectively.⁶

VMS can negatively impact a woman’s quality of life—including sleep, the ability to focus, and social life.⁷

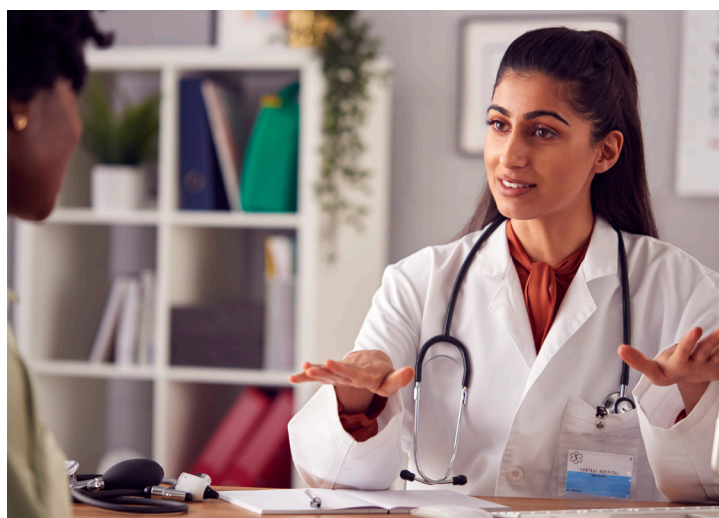


Let’s talk.

Your patient may need you to initiate the discussion.

You can use these conversation starters to understand how perimenopause affects her life:

- ☐ How often are you having periods, if at all?
- ☐ When was your last period?
- ☐ How often do you have hot flashes? How long do they last?
- ☐ How often do hot flashes interrupt your daily life?
- ☐ How many times a week do night sweats interrupt your sleep?
- ☐ Are you experiencing feelings of anxiety or depression?



Your patient may be experiencing symptoms associated with menopause. **Break the silence—** help drive the conversation.

References

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