

# How to Deal with Menopause

## What is Menopause?

**Menopause** is the time when the monthly menstrual period stops completely and a woman can no longer get pregnant.

- No bleeding or any spotting for 12 months in a row
- Average age 51 in the United States

## Why does Menopause occur?

As women age, production of female sex hormones decrease.

- Less hormones (estrogen and progesterone)
- Ovaries stop releasing eggs
- No menstruation

## Symptoms



**Irregular Periods**



**Hot Flashes**



**Night Sweats**



**Sleep Disturbances**



**Difficulty Concentrating**



**Vaginal Dryness**



**Mood Swings**



**Loss of Libido**



**Fatigue**

## How to Stay Healthy and Cope with Changes

- Use vaginal jelly to ease vaginal dryness
- Maintain a healthy lifestyle
- Eat a well balanced diet
- Avoid smoking and alcohol
- Get adequate sleep and rest
- Consult doctor for hormonal replacement therapy on individual need

## Be positive

- Stay cheerful and positive.
- Share feelings and experiences with friends
- Enrich in social activities and keep active.



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