

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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如何應對女性更年期

什麼是女性更年期?

更年期是月經期完全停止,婦女不能再懷孕的時間。

- 連續12個月無出血或任何斑點
- 美國平均年齡51歲

為什麼是女性更年期發生?

隨著女性年齡的降低,女性性激素的產生量減少。

- 更少的激素(雌激素和孕酮)
- 卵巢停止釋放卵子
- 無月經

症狀



不規則時期



潮熱



夜汗



睡眠障礙



困難集中



陰道乾燥



情緒波動



性慾減退



疲勞

如何保持健康和應對變化

- 使用果凍緩解陰道乾燥
- 保持健康的生活方式
- 飲食均衡
- 避免吸煙和飲酒
- 獲得充足的睡眠和休息
- 根據個人需要諮詢醫生進行激素替代治療

要樂觀

- 保持開朗積極。
- 與朋友分享感受和經驗。
- 豐富社會活動並保持活躍。



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