



PERIMENOPAUSE or MENOPAUSE?

What's Happening to Me?!

What is Perimenopause?

It is the gradual transition between reproductive years & menopause which may occur over many years. It can be associated with shorter menstrual intervals, irregular menses, night sweats, & other symptoms. In some women, these symptoms are troublesome enough to need medical intervention.*



What is Menopause?

Menopause is a natural stage of aging, not a disease. It is the "adolescence of the wise woman," defined as 12 months of no menses. This cessation is caused due to reduced functioning of the ovaries due to aging. Menopause occurs on average between the ages of 45 - 55, most commonly at 51 years of age.*



* Reference: The North American Menopause Society (NAMS) at menopause.org



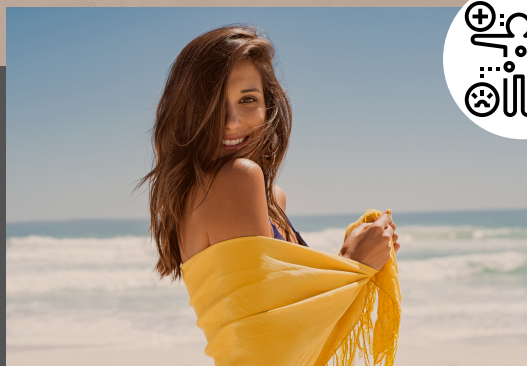


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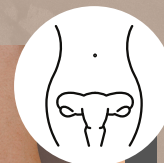
What Can I Expect with Transitions?

Every woman experiences peri/menopause transitions differently. Some women will report no changes at all. Other changes may include hot flashes, night sweats, trouble sleeping, migraines, mood changes, memory changes, vaginal dryness & pain with sexual activity, urinary leakage, and weight gain.*



What is Surgical Menopause?

Symptoms from surgically-induced menopause can be similar to those from natural menopause; but surgical menopause can cause more intense symptoms. Menopause at a young age may require ongoing monitoring & treatment to lower your risk of menopause-associated diseases, such as osteoporosis, later in life.*



* Reference: The North American Menopause Society (NAMS) at menopause.org





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Effective Therapy Options to Alleviate Symptoms

Is Hormone Therapy for Me?

Hormone therapy is indicated for women who suffer from moderate to severe symptoms of menopause & for whom the individual benefits outweigh the risks. While some women need full body "systemic" hormone therapy, other women may only need "local" vaginal hormones. Not every woman needs hormones.*



* Read more on The 2022 Hormone Therapy Position Statement of The North American Menopause Society (NAMS) at menopause.org

HELP! What are My Treatment Options?

Whole Life Medicine services include:

- Nutrition & Dietary Supplements
- Topical Dermal Therapies
- Physical Therapies & Exercises
- Hormone Therapies & Pharmaceuticals
- Intimate Pelvic E-Stim & Laser Therapy

Treatment of menopause symptoms should be under care of licensed healthcare professionals.

Call (425) 398-9355 to learn more about Dr Serena's therapy programs.

Healthy Aging

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