

# Menopause

Menopause is a natural and normal part of life for women. It is the time when women stop having periods and are no longer fertile. Women are considered to be in menopause after going 12 months without having a period. Menopause usually happens around age 50, but can happen earlier or later. Menopause causes many changes to a woman's body because hormone levels change.

## Signs of Menopause

- Periods become very irregular
- Hot flashes or night sweats
- Vaginal dryness
- Decrease in libido (desire to have sex)
- Mood swings, depression, anxiety, or increased irritability
- Loss or thinning of hair, changes in weight, or joint or muscles aches
- Difficulty sleeping and fatigue
- Difficulty concentrating or memory lapses

## Possible Health Complications with Menopause

- Osteoporosis (weakening of the bones)
- Cardiovascular Disease
- Incontinence (urinating accidentally)
- Weight Gain

## Treating Menopause Symptoms

*Menopause is not something that you can prevent or stop, but it is possible to treat some of the symptoms.*

In order to decrease irritability, depression and anxiety and have less health complications with menopause, it is important to take care of yourself and take time for yourself. Make sure you are: eating healthy foods, exercising regularly, getting enough sleep, practicing relaxation, practicing calming hobbies or participating in activities that make you happy, staying connected to close friends and family, limiting or decreasing caffeine, stimulants, and alcohol, not smoking

*Medications are available to relieve the symptoms of menopause. Talk with your health care provider to see if any medications may be right for you.*

This free patient information from mdCurrent-India is not intended to be a substitute for professional medical advice. Always see your doctor if you are ill or have questions about your health.

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