

# Better Menopause Management



**The challenges of managing menopausal symptoms are real. Here are some ways you can navigate this significant life transition with confidence and support.**

## Reclaim Your Hormones

The menopause transition occurs when the ovaries stop producing estrogen and progesterone, leading to a cessation of menstrual periods. Hormone therapy (HT) is effective in reducing menopause symptoms.

- **Proven effective.** For most women who are within the first 10 years of menopause and under the age of 60, HT can be safely started.
- **Symptomatic relief.** HT can help reduce night sweats, hot flashes and bone loss, which may lead to improved sleep, mood and cognition.
- **Many options.** HT comes in many forms, including pills, patches, gels, vaginal creams, suppositories and rings. For women not able to use HT, there are other options available.



## Self-Managed Menopause

With or without HT, you can ease menopause symptoms with these simple steps.

- **Fight the flashes.** Reduce the effect of hot flashes by using a portable fan, avoiding spicy foods and dressing in layers.
- **Protect your bones.** Perform weight-bearing exercises and maintain a healthy weight to keep your bones strong through menopause.
- **Love your skin.** Stop smoking, drink lots of water, take warm showers and get quality sleep to help your skin remain healthy.

## Mind Over Menopause

You can improve your experience by addressing the physical and mental aspects of menopause. There are some non-hormonal treatments that may be helpful.

- **Lifestyle modifications.** Exercising and eating a healthy diet are important for women going through the menopause transition and beyond.
- **Clinical hypnosis.** Research shows hypnotherapy can reduce hot flashes and anxiety when led by a trained professional.
- **Cognitive behavioral therapy.** By changing thinking and behavioral patterns, you can reduce the impact of menopausal symptoms.



**Get the menopause relief that's right for you. Find a provider at [weillcornell.org/doctors](https://weillcornell.org/doctors)**