



# Menopause: What to Know

Menopause affects every woman who reaches a certain age, but not every woman knows exactly what that means for them. That's perfectly understandable considering menopause affects women differently.

Being aware of what to expect can ease your mind if you suddenly experience unusual health symptoms.



With all the changes happening during those years, don't be surprised if you suddenly experience:

- dry skin
- hair thinning
- hot flashes
- irregular periods
- mood changes
- sleep disturbances
- urinary problems
- vaginal dryness
- weight gain

Menopause is the point in time 12 months after your final period. The time leading up to the final period is known as **perimenopause**. It's a years-long process that typically starts in a woman's early to mid 40s. After menopause, you enter the **postmenopause** phase.



Whether you're experiencing **perimenopause, menopause** or **postmenopause**, there are ways to **take care of your physical and mental health** during this time in your life.

### Be kind to yourself.

You work hard to take care of yourself and your loved ones, and now your body is working hard, too. Make sure you give yourself the rest and care you need.

### Embrace the changes.

Acknowledge the changes taking place, and don't try to ignore uncomfortable symptoms on your own. Talk with your provider so they can help you manage any discomfort before it impacts your day-to-day life more than it needs to.

### Know it will pass.

The challenges that develop during this transition can feel overwhelming, but stay focused on the fact that this is a process your body is going through and that, eventually, you'll be on the other side of it.

## TREATMENT FOR MENOPAUSE SYMPTOMS

Treatment will vary from woman to woman. While some women may successfully manage symptoms by **losing weight** or **taking over-the-counter pain relievers**, others may need **prescription antidepressants** or **menopausal hormone therapy**. Consult with your provider about what may work best for you.



Find a provider to speak with about symptoms and treatments for menopause: [weillcornell.org/doctors](https://weillcornell.org/doctors)