

Everything You Need to Know About **Menopause** & More

Forum Health





Believe it or not, menopause and post menopause can be liberating!

Say goodbye to a monthly period and PMS month after month.

Yes, there is a lot that comes with perimenopause, menopause and post menopause. But with the right information, tools in hand and a Forum Health provider by your side, you can make menopause your new coming of age – on your terms!

We believe that menopause doesn't have to be a disaster or the end of your vibrant womanhood, as many would make it seem.

According to a [recent study](#), “Sixty-four million US women are 50 and older. By the year 2025, **1.1 billion women will be menopausal**. The average woman can expect to spend 40% of her life in post menopause. There are currently only 1300 NAMS (North American Menopause Society) certified practitioners to treat the fastest growing segment of our population. This is an urgent public health crisis.”



The reality is most medical schools and residency programs don't teach aspiring physicians about menopause. Just 20 percent of ob-gyn residency programs provide any kind of menopause training.

Our functional and integrative medicine providers at Forum Health are out to change that. We understand that there is a lot more life to be lived after mid-age and you shouldn't be expected to slow down or just watch from the sidelines! Women at every age and stage of life deserve the tools to feel empowered in their health.

We've gathered some of our best information to help guide you into and through your menopause transition. It's time to embrace “the change” and be the best you for the rest of your life. And we can't wait to help!

Together in health,

Forum Health

What is Happening to My Body?

Am I in Menopause?

Could you be in menopause? Take this quiz to see what stage you may be in.

There are two main stages, perimenopause and menopause. It may be difficult to navigate where you are in the transition as so many of the symptoms can be similar.

Take this quiz to see what stage you may be in. [TAKE THE QUIZ](#)

Entering menopause isn't black and white.

Much like the onset of puberty, menopause trickles in slowly. Despite feelings of youth and vivacity, menopause will gradually take its toll on your body—one day you might feel a bit more irritable than you can explain, and a week later you might be the only one in the room breaking a sweat.

These are the types of experiences that stand out as odd at first, but as they repeat over and over it becomes clear that menopause is on its way. [READ MORE](#)



nausea and digestive problems
 loss of bone density
 heart palpitations
 feeling cold
weight gain
 muscle tension
mood swings sleep issues & insomnia
 depression
 changes in taste and smell
 night sweats
 brain fog
dizziness recurrent UTIs
bloating nail changes
 changes in breast size
 breathing difficulties
 sore breasts
 worsening pms
 changes in skin texture
anxiety
 joint pain

How many menopause symptoms do you know?

Gen M has identified 48 Symptoms of Menopause

The menopause symptoms that you may be experiencing are more common than you think. Maintaining a healthy and balanced lifestyle is key to helping you transition away from menstruation, however, sometimes you need a bit more. [READ MORE](#)

body odor
 irregular periods
 sagging breasts
 altered skin
 dry mouth
 headaches and migraines
 loss of concentration
 tingling extremities
 lack of motivation
 short-term memory issues
 incontinence
changes in sex drive
 burning mouth syndrome
hot flashes
 loss of confidence and self-esteem
 dry eyes
 acne
 fatigue
 irritability
 decreased fertility
thinning hair
 vaginal dryness
 itchy crawly skin
 panic disorders
 dental problems

Menopause Hormones and Your Symptoms

The list of symptoms for women in menopause is extensive!

In order to assist you in evaluating which hormone (or hormones) is causing the symptom, we created a comprehensive list of symptoms and relate them to possible hormone deficiencies or excess.

Knowledgeable and trained providers in treating women with menopause can evaluate which hormone imbalances could be causing your symptoms. [READ MORE](#)

Want more?

Watch or listen to our masterclass:

Let's Talk Women's Health

In this masterclass recording you'll learn:

- How to manage symptoms of perimenopause and menopause
- How to naturally prevent common female health issues
- How to feel vibrant and sexy in your 30's, 40's, 50's, and beyond! [WATCH NOW](#)

Estrogen Deficiency		
Hot flashes	Night sweats	Sleep disturbances
Vaginal dryness/atrophy	Dry skin	Headaches
Foggy thinking	Memory lapses	Heart palpitations
Yeast infections	Painful intercourse	Depression
Low libido	Bone loss	
Estrogen Excess		
Water retention	Heavy, irregular menses	Breast swelling and tenderness
Fatigue	Craving for sweets	Weight gain
Fibrocystic breasts	Mood swings	Uterine fibroids
Low thyroid symptoms	Nervousness/anxiety	Irritability
Progesterone Deficiency		
Many of the symptoms of estrogen excess including:		
Swollen breasts	Headaches	Low libido
Anxiety	Mood swings	Irregular menses
Depression	Cramping	PMS
Infertility	Fuzzy thinking	Acne
Joint pain	Weight gain	
Progesterone Excess		
Somnolence	Gastrointestinal bloating	Mild depression
Breast swelling	Candida exacerbations	Exacerbated symptoms of estrogen deficiency
Testosterone Deficiency		
Fatigue, prolonged	Mental fuzziness	Memory problems
Depression	Decreased libido	Blunted motivation
Muscle weakness	Diminished feeling of well being	Heart palpitations
Thinning skin	Bone loss	Vaginal dryness
Incontinence	General aches/pains	Fibromyalgia
Testosterone Excess		
Acne	Male-pattern hair growth	Deepening of voice
Clitoral enlargement	Irritability/moodiness	Insomnia
Loss of scalp hair		
Low Cortisol		
Fatigue	Allergies	Cravings for sweets
Irritability	Chemical sensitivities	Symptoms of hypothyroidism
Symptoms of low progesterone		
High Cortisol		
Same symptoms as low cortisol, including:		
Bone loss	Anxiety	Sleep disturbances
Low libido	Hair loss	Anxiety
Elevated triglycerides		
Low Thyroid Function		
Fatigue (especially evening)	Low stamina	Cold extremities
Low body temperature	Dry skin	Intolerance to cold
General aches and pains	Weight gain	Depression
Anxiety	Scalp hair loss	Swollen, puffy eyes
Brittle nails	Decreased swelling	Low pulse rate/blood pressure
Poor concentration	Memory lapses	High cholesterol
Heart palpitations	Infertility	Constipation
Fibromyalgia		

Take Back Control of Your Body!



How Important is Hormone Testing?

At Forum Health, we believe in the importance of being heard and uncovering the unique path to your wellness based on your genetics, physiology and lifestyle so that we are able to begin supporting your body holistically – not synthetically. In order to identify the symptoms of hormonal imbalances that are unique to each female patient, we measure hormones in a variety of ways including the urine DUTCH test.

[READ MORE](#)

You probably know that you need to test your estrogen and progesterone: the “woman” hormones. But don’t forget testosterone!

Testosterone is normally thought of as a “male hormone,” but women have testosterone too. And having optimal testosterone levels is vital for a woman’s overall health and well-being. Other factors can contribute to low testosterone in women, such as having a hysterectomy, especially if the ovaries are removed. (Other hormones will be affected by this too). Adrenal gland fatigue and pituitary dysfunction can also contribute to low T. [READ MORE](#)

The Functional Medicine Approaches to Establish Your New Normal

BHRT the Benefits Outweigh the Risks.

There's a lot of conversation around if you should do hormone replacement or not, let's take a look at the facts. [READ MORE](#)

We know a one-size-fits-all approach doesn't work. That's the benefit of a functional medicine approach, we can tailor the treatment to your unique needs with precision dosing.

Each BHRT prescription should be tailor-made for each individual patient. We are able to do this using a combination of traditional and compounding pharmacies. [READ MORE](#)

Masterclass: Feel Rejuvenated with Bioidentical Hormone Therapy.

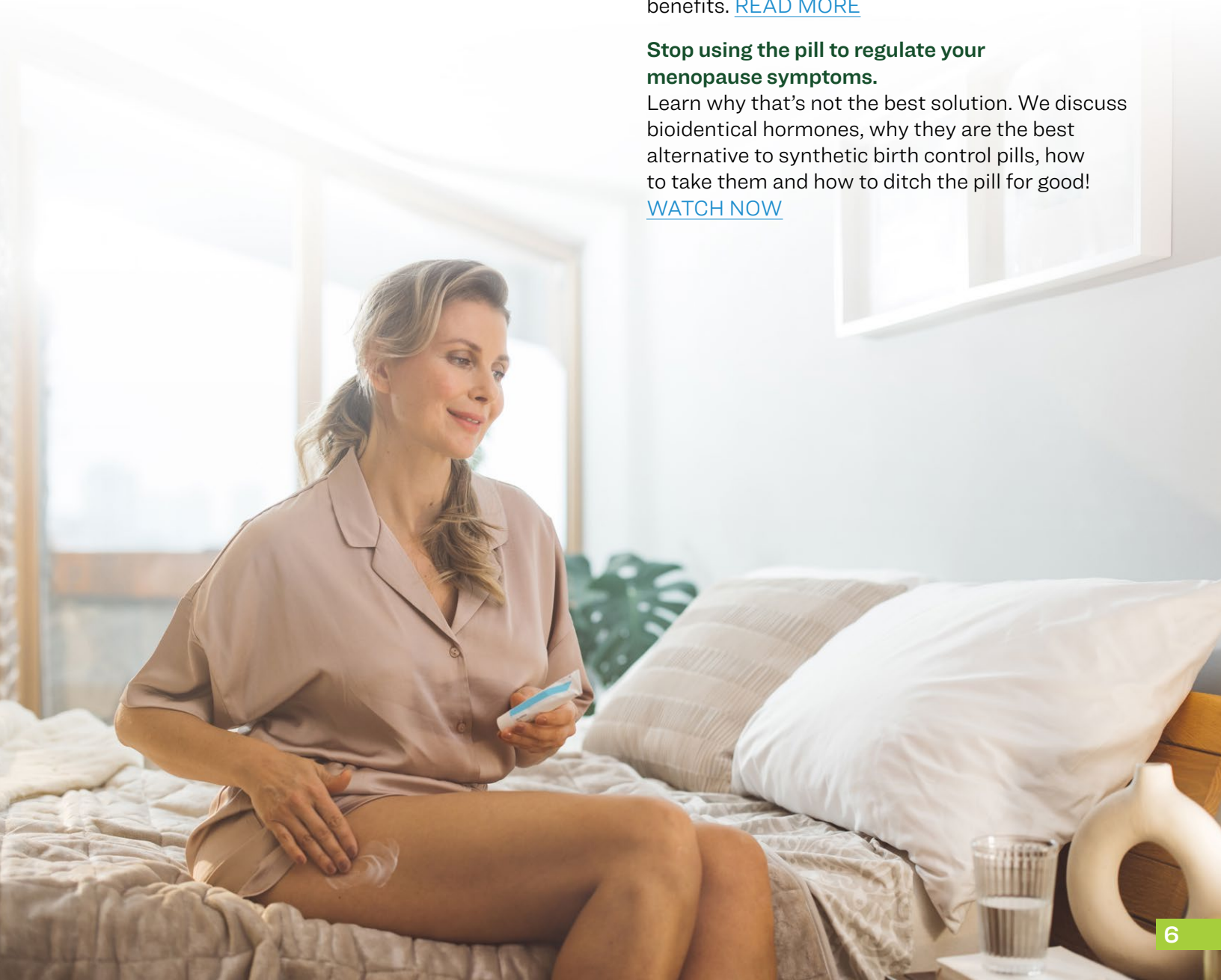
In this masterclass, we discuss the importance of balancing hormones with bioidentical hormone replacement therapy and how it can help you regain your vitality, youthfulness, and confidence! [WATCH NOW](#)

At Forum Health, we offer a number of unique hormone-balancing treatments that are designed to suit your body's needs.

One treatment is prescribed in the form of a simple cream. Hormone creams are a popular treatment option for women experiencing hormonal imbalances, and they offer several benefits. [READ MORE](#)

Stop using the pill to regulate your menopause symptoms.

Learn why that's not the best solution. We discuss bioidentical hormones, why they are the best alternative to synthetic birth control pills, how to take them and how to ditch the pill for good! [WATCH NOW](#)



Solutions for Your Most Common Menopause Symptoms

Hot Flashes

It's never a good time for a hot flash! Hot flashes can disrupt your sleep, lead to insomnia, affect your productivity at work, and alter your quality of life. But there are natural ways to help your body adjust to this new chapter and to regulate your hormones more easily. Here are a few ideas you can try based on our functional medicine expertise! [READ MORE](#)

Joint Pain

Out of all the problems that develop during menopause, joint pain is something that takes many people by surprise. Estrogen reduction is a form of hormone imbalance that affects the female primary sexual hormone, which is estrogen. This is a leading cause of osteoporosis, which leads to reduced bone density. Osteoporosis increases your risk of developing a fracture and can make your entire body feel brittle, sore and weak. Menopause isn't directly to blame for the problem, but estrogen deficiency most commonly develops during menopause as a result of fluctuating and declining hormonal levels. [READ MORE](#)

Vaginal dryness

One of the most prevalent symptoms of menopause is changes in vaginal health, particularly vaginal dryness. Many women silently endure this condition, not realizing there are effective treatments available to alleviate their discomfort. While experiencing vaginal dryness may feel isolating and frustrating, it's important to remember you're not alone and there are solutions available to help you regain comfort and confidence. [READ MORE](#)

Sleeplessness

Sleeplessness is one of the most common complaints for menopausal women and results from reduced levels in the hormones progesterone and estrogen. The National Sleep Foundation estimates that about 61 percent of women will experience sleep difficulties during menopause. Explore other strategies that may help you as well. If you're ready to get back to sleep during anti-aging therapy, give these tips a try. [READ MORE](#)

Migraines

In 2011, researchers from the University of Turin in Italy found it possible to predict with decent accuracy how much a woman will experience migraines after menopause, especially for the 60 percent of female migraine sufferers who have menstruation-related headaches. The problem is that the predictability of migraines doesn't work for women as a whole. [READ MORE](#)



THRIVE

Through Menopause & Beyond

Lifestyle Adjustments to Make Menopause More Manageable



While there is no one-size-fits-all solution for menopause-related insomnia, there are a few treatments that can help.

Here are five of the best treatments for menopause-related insomnia. [READ MORE](#)



Use your favorite scents during menopause. Instead of combating the physiological reasons for symptoms, aromatherapy relieves the stress and discomfort that happens as a result of menopause.

By diminishing your reaction to certain symptoms they can often go unnoticed or become less severe. [READ MORE](#)



Sexual health is an important part of physical, emotional and mental well-being.

It affects relationships, confidence and intimacy. So experiencing discomfort during sex, low libido, and reproductive and gynecological issues can take a serious toll. Vaginal rejuvenation is used to describe various vaginal-corrective treatments that help improve vaginal tightness, incontinence and sensitivity. These treatments can be used for cosmetic reasons, decreased sexual pleasure, to help correct age-related and postpartum vaginal issues, as well as to strengthen the pelvic floor. [READ MORE](#)

Risk Factors:

What Else to be Mindful of During Menopause

A hysterectomy is the surgical removal of the uterus, and an oophorectomy is the surgical removal of the ovaries.

Hysterectomies and oophorectomies can be performed together or separately. The loss of the ovaries can cause a woman to experience a sudden and drastic decrease in estrogen levels (also called surgical menopause). This can lead to numerous health problems, including osteoporosis, heart disease, and cognitive decline. All similar to those of perimenopause and menopause. [READ MORE](#)

Often women don't realize they are having a heart attack because their symptoms can differ significantly from men's.

Women will usually have a "heart cramp," which is often a dull, aching discomfort beneath the breastbone not sharp or crushing pain which is more common in men, women have symptoms that come and go with no obvious cause and they may not improve with rest. Women's symptoms are often misdiagnosed as gastrointestinal distress. [READ MORE](#)

Did you know that your hormones can affect your heart?

We explain the link between high cholesterol and heart disease with low thyroid, testosterone, and estrogen. [WATCH NOW](#)

Just because you've gone through menopause, doesn't mean you should stop breast-health screens!

However, screening for breast health doesn't have to be painful, there are many benefits to thermography as an alternative. This 15-minute non-invasive test is a valuable procedure and designed to improve detection of breast disease. There is no contact with the body of any kind, no radiation, and the procedure is painless. It uses thermography, a process of infrared technology to spot abnormalities in your breasts by measuring temperature variations. [READ MORE](#)

Take Care of Your Emotional Health



One of the most common menopause symptoms is anxiety, which can have a serious impact on your quality of life.

Anxiety can cause debilitating fear, irritability, insomnia and inability to concentrate. It causes the body to boost adrenaline in a fight-or-flight response, which can lead to physical symptoms like sweating, muscle tension, elevated heart rate, rapid breathing, dry mouth and dizziness. Those who suffer from severe anxiety may also experience panic attacks, which can make you feel like you're losing control or even having a heart attack. [READ MORE](#)

As we approach menopause, many women experience a variety of symptoms that are often classified as depression.

However, before automatically prescribing antidepressants to these women, it's important to look at all the possible causes of their symptoms. [READ MORE](#)



Hormone Changes, Menopause and Your Partner

You don't have to settle for less intimacy! We have the top sexual health treatments to address low libido and sexual dysfunction for both men and women.

Sexual health is one of the most important aspects of any person's life. Unfortunately, our bodies aren't always up to the task. Sexual wellness issues affect men and women, be it age, hormone changes, illness, injury or life changes, you have options to improve your sexual function. [READ MORE](#)

Just because you're going through menopause, does not mean that your sex life is over!

Menopause and sex life CAN go hand-in-hand with ease, despite what you might have heard. As you enter mid-life, hormone levels begin to fluctuate and decline. This can affect the quality of your sex life along with other aspects of your health and well-being. Fortunately, times have changed considerably! You have a lot more options including bioidentical hormone replacement therapy. Depending on your age, you may remember your mother or grandmother talking about "the change" and how old it made them feel. This is not the case anymore! [READ MORE](#)



Foods to Fuel Hormone Balance

Your hormones affect all facets of your body, including stress levels, digestion, metabolism, sleep, and even brain function.

What's more, hormone imbalances are the primary reasons for a wide range of medical issues like weight gain, diabetes, and infertility. To prevent that from happening, we turn our attention to 10 foods that can help improve your body's hormonal balance. [GET THE LIST](#)

Approaching Menopause and have PCOS? Learn how insulin management can help you ease through both.

Recent research shows through diet and meal timing, fertility can improve. Professor Daniela Jakubowicz of Tel Aviv University's Sackler Faculty of Medicine and the Diabetes Unit at Wolfson Medical Center has found a way to help PCOS sufferers improve fertility through managing glucose and insulin levels. Jakubowicz's meal and diet plan is centered on the timing of meals and the 24-hour metabolic cycle of the body. For women of normal weight, this program is based on insulin management as opposed to weight management. [READ MORE](#)



We hope that you have found this guide helpful and continue to come back to it as a resource and share it with the women in your life navigating menopause! This is a new life phase, and you can enter it feeling empowered!

Our providers at Forum Health are committed to personalized health care at every stage of life and offer the latest technology in testing and treatments to help you achieve optimal health! To learn more and find a Forum Health Provider near you, visit forumhealth.com.

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