

# Menopause

## What is it?

It is defined as cessation of menstrual activity and is confirmed when the woman has missed her period for 12 consecutive months. Most experience menopause between the ages of 40 and 58.

## Risk Factors

1. Age (usual onset 40-58)
2. Surgical causes( ex. hysterectomy with ovary removal)
3. Lifestyle and health issues (ex. smoking)

## Common Symptoms

1. Hot flashes and night sweats
2. Mood swings, anxiety, insomnia
3. Cognitive changes (ex. “brain fog”)



## Reference

1. Mayo Clinic. (2023, May 25). Menopause - diagnosis and treatment. Mayoclinic.org. <https://www.mayoclinic.org/diseases-conditions/menopause/diagnosis-treatment/drc-20353401>
2. Linnard-Palmer, L., & Gloria Haile Coats. (2025). Study guide for Safe maternity and pediatric nursing care. F.A. Davis Company.

## How It's Diagnosed

1. Blood tests( to check levels of FSH and estrogen)
2. Home tests to check FSH levels in your urine
3. Most people can tell by the symptoms that they experience (Mayo Clinic, 2023).

## Prevention

1. Maintain a healthy lifestyle: diet, exercise, stress and sleep management
2. Address known health risks early( ex. bone or heart health)
3. Stay informed and proactive with your healthcare providers

## Treatment Options

1. Hormone Replacement Therapy(HRT)-Most effective for symptom relief
2. Topical estrogen-Effective for vaginal dryness and discomfort
3. Lifestyle strategies: Exercise, nutrition, stress reduction, and sleep support