

# Let's Take A Pause

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Me → a e

# Menopause is the end of a woman's menstrual cycle—it's official when a woman has gone 12 consecutive months without a period.

The number of eggs in the ovary decline as women age. The eggs produce hormones including estrogen, progesterone and testosterone, and their monthly release causes the menstrual cycle.

Most women reach menopause between age 40 and 58 , but the average age of menopause in the United States is 51.

Each woman experiences menopause differently. Some women don't experience menopausal symptoms at all, while others find them to be significant, and some women consider them to be mild. They may include:

- Hot flashes
- Night sweats
- Mood swings
- Vaginal dryness
- Urinary incontinence
- Weight gain
- Bone loss

Some women welcome relief from menstruation and the need for birth control, and find menopausal symptoms tolerable. Others may feel their quality of life has been disrupted. A knowledgeable practitioner can help navigate this transition.

# Perimenopause occurs before menopause.

As the years pass, the menstrual cycle becomes irregular, and the frequency of menstruation decreases. This is often accompanied by a variety of symptoms, including hot flashes, night sweats, and mood swings. These changes are a result of the declining levels of estrogen and progesterone in the body.

In the years before the final menstrual period, ovarian function declines and hormonal release from the ovary may become erratic.

It is important to note that perimenopause can last for several years before the final menstrual period. This is a normal part of the aging process and is not a sign of any underlying health condition.



Women often reach menopause around the same time as mothers and sisters. Women who smoke tend to reach menopause about two years earlier than non-smokers.

Smoking is a significant factor in the timing of menopause. Studies have shown that women who smoke regularly reach menopause approximately two years earlier than those who do not. This is likely due to the effects of nicotine on the hypothalamic-pituitary-ovarian axis, which regulates the menstrual cycle.

Only about 5% of women will experience menopause before age 40.

IT IS IMPORTANT TO DISCUSS ANY MENSTRUAL CHANGE WITH YOUR PROVIDER.

**Relief from  
menopausal  
symptoms  
is possible.**

**We'll evaluate  
your symptoms,**

# What is Hormone Therapy (HT)?

Hormone therapy (HT), also known as hormone replacement therapy (HRT), is a treatment option for women with symptoms of menopause. It can be an effective way to manage hot flashes, night sweats, vaginal dryness, and mood changes. HT can also help prevent osteoporosis and heart disease. However, HT is not recommended for all women, especially those with a history of breast cancer, blood clots, or liver disease.

**It is not recommended that all women take HT just because they are menopausal. But it can be a viable and effective treatment option for patients with symptoms of menopause who are not at increased risk for adverse effects.**

HT can be given in several ways, including oral pills, patches, gels, and injections. The most common type is oral pills. HT can also be given as a combination of estrogen and progestin, or as estrogen alone. The choice of treatment depends on the woman's symptoms and medical history. HT is generally safe for women who are not at increased risk for adverse effects. However, it is important to discuss the risks and benefits of HT with a healthcare provider.

**Menopause  
can be a good  
time for women  
to understand  
age-related  
health changes  
and evaluate  
their overall  
health.**

### Heart Disease & Stroke

Me -a e a g / fe e, age,  
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fac / ea d / ea e a d e / .  
E ge -e- ee- b d e e ea ed  
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de / g a ea e -a / a ca / c de  
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ed ce / Id / f / .

### Osteoporosis

P / da a e a a e -a / e f  
/ g / f b e / c a ca acce e a e  
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### Urinary Incontinence

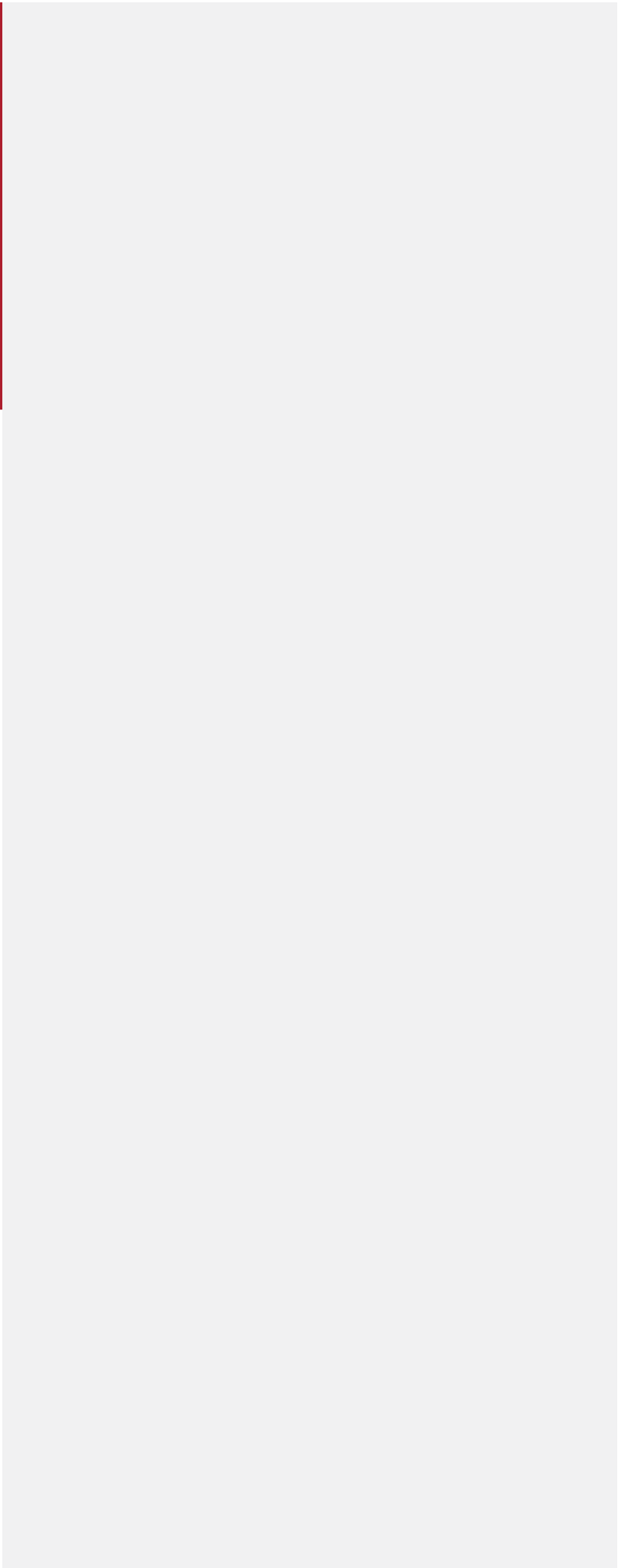
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e a a d ag / a ; a d be a da ed  
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### Oral Issues

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e -a e . Be e ee de / f  
eg a f c ec -a a d cea / g / .

### Body Weight

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e -a e a / / / c a f / c a ca  
be ea ed ag / g a d / fe e fac d . 5 ( ) TJO -1.



# Mid-life transitions can be challenging emotionally for some women.

**Some women in menopause experience a sense of liberation from periods and pregnancy concerns. Others find the transition to menopause bittersweet—even emotionally painful—and experience anxiety, irritability, sadness**



**Be your own  
advocate.**

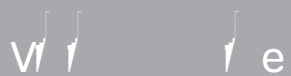
Ask questions, e e f

# Varied experiences throughout menopause call for individualized care.

**Weill Cornell Medicine's experienced healthcare providers offer attentive and personalized care. We understand that your symptoms, experiences, and medical needs are unique.**



**Please call the  
Midlife Program  
at the Department  
of Obstetrics**



<https://weillcornell.org/services/menopause>