

Menopause

Women are considered to be in menopause when they go through 12 months without a menstrual period. The average age that women experience menopause is 52, although some women experience perimenopausal symptoms in their early 40s. Most women are menopausal by their mid-50s.

During perimenopause and early menopause, women may experience hot flashes, sleep disorders, mood swings and other symptoms. Some women have few or mild symptoms while others have more severe symptoms. The symptoms of menopause may last for months or years.

Our office offers a variety of treatment alternatives to ease menopausal symptoms for the duration of this transition.

Symptoms

During menopause, a woman may have few or mild symptoms, or more severe symptoms. For many women, symptoms begin in their 40s as they experience premenopause or perimenopause.

The following lists of symptoms are not intended to be exhaustive.

Symptoms of Premenopause or Perimenopause

- Fatigue
- Depression
- Weight gain
- Water retention
- Headaches
- Loss of sex drive
- Mood swings
- Inability to handle stress
- Irritability
- Fibrocystic breasts
- Uterine fibroids
- Endometriosis
- Low metabolism
- Unstable blood sugar
- Cravings for caffeine, sweets and carbohydrates
- Sluggishness in the morning

Symptoms of Menopause

- Hot flashes
- Vaginal dryness
- Water retention
- Fat and weight gain (especially on hips, thighs, and abdomen)
- Sleep Disturbances (insomnia, less REM sleep)

- Decreased libido
- Mood swings (depression, irritability)
- Headaches
- Fatigue
- Short memory lapses
- Lack of concentration
- Dry, thin, wrinkly skin
- Thinning of scalp hair
- Some increase in facial hair
- Bone mineral loss (osteoporosis)
- Diffuse body aches and pains

See a doctor if you have:

- extremely heavy bleeding
- bleeding between periods
- bothersome symptoms that interfere with daily living

Treatment options

Many options are now available to treat menopausal symptoms, including:

- Hormone therapy
- Natural hormones
- Vitamins
- Herbs
- Prescription medications including antidepressants

Our office can discuss with you the treatment options would be best for you in light of your symptoms, family history, and personal medical history. We can do a physical and lab evaluation to fully understand your current situation. We'll share with you the pros and cons of the various therapies to help you make an informed treatment decision.