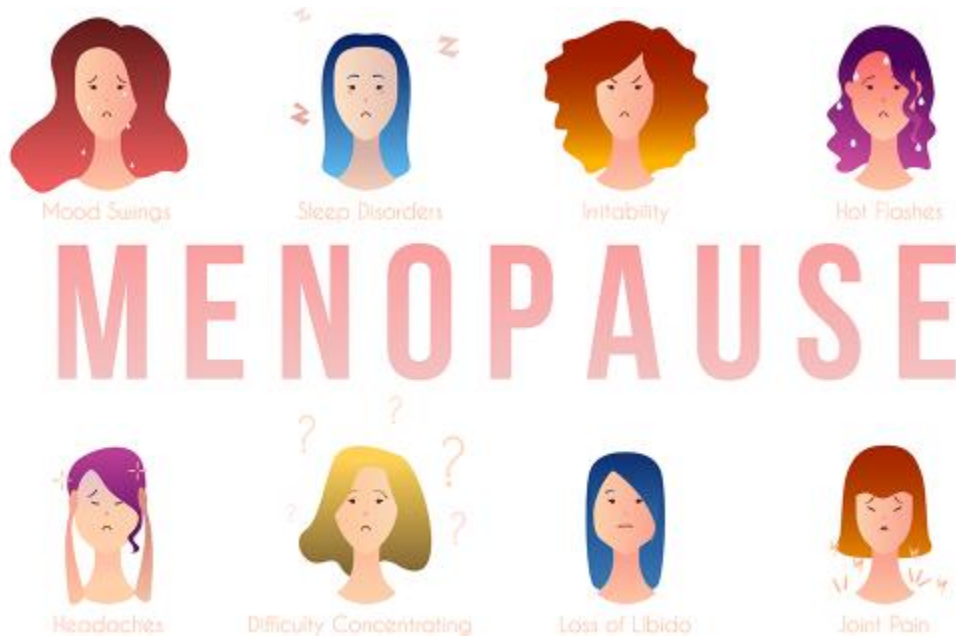


Menopause



Menopause is a point in time 12 months after a woman's last period. The years leading up to that point, when women may have changes in their monthly cycles, hot flashes, or other symptoms, are called the menopausal transition, or perimenopause.

The menopausal transition most often begins between ages 45 and 55. It usually lasts about 7 years but can last as long as 14 years. During the menopausal transition, the body's production of estrogen and progesterone, two hormones made by the ovaries, varies greatly. Bones become less dense, making women more vulnerable to fractures. During this period, too, the body begins to use energy differently, fat cells change, and women may gain weight more easily.

Menopause may be triggered by a hysterectomy or surgical removal of the ovaries, which produce hormones. If you have surgery to remove your ovaries or uterus and are not taking hormones, you will experience the symptoms of menopause immediately.

This time in a woman's life is often full of other transitions—not just physical ones. Women may be caring for aging parents or relatives, supporting their children as they move into adulthood, or taking on new responsibilities at work.

Is It Menopause?

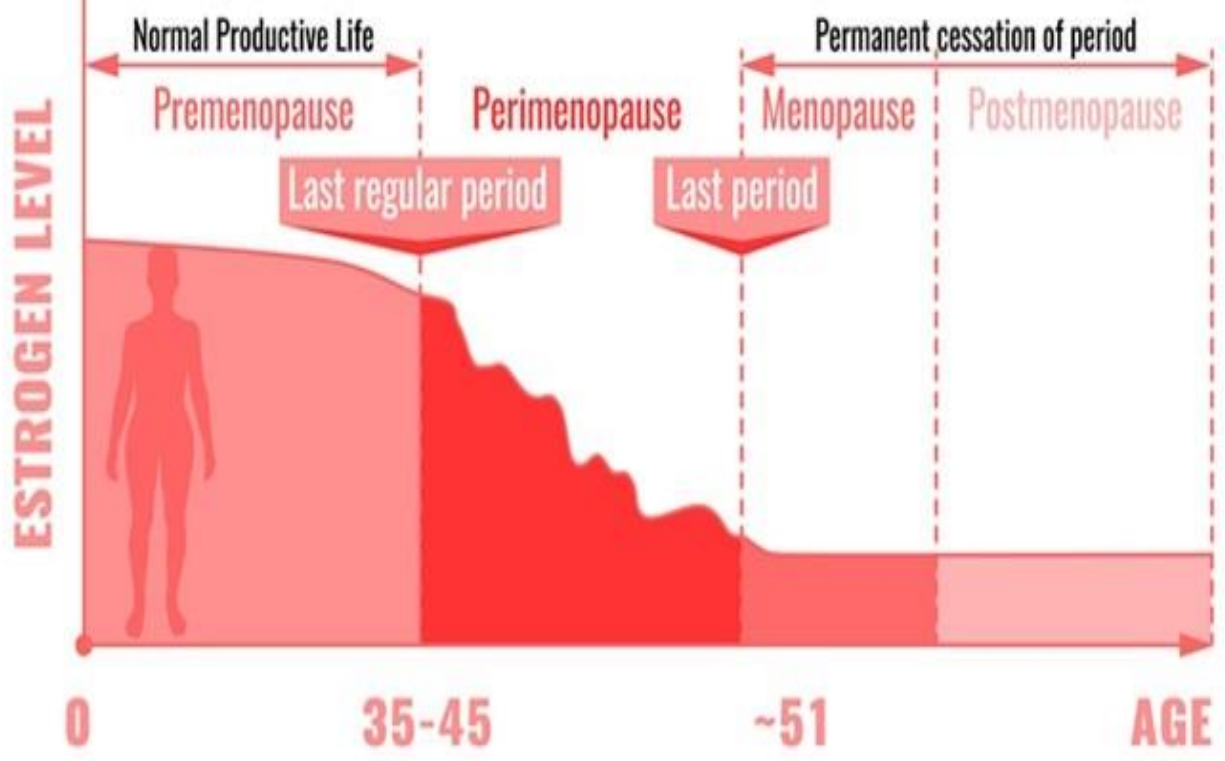
If you are having symptoms commonly associated with the menopausal transition, your doctor may ask questions about your age, symptoms, and family history to determine if it really is the menopausal transition causing your symptoms. In some cases, your doctor may suggest a blood test to check your follicle-stimulating hormone (FSH) and estradiol (E2) levels to rule out any other causes for the changes you're experiencing.

The menopausal transition, sometimes called **perimenopause**, begins several years before a woman's last period. During this time, women may experience spotty menstrual cycles, hot flashes, and other changes. While this time is commonly referred to as "menopause," menopause doesn't happen until 1 year after the final menstrual period.

After menopause, women enter **post-menopause**. Post-menopausal women are more vulnerable to [heart disease](#) and [osteoporosis](#). At this time, it is important to [eat a healthy diet](#) and make sure you get lots of [calcium](#) to keep your bones strong.

A woman who doesn't want to get pregnant should continue to use birth control for at least a full 12 months after her last period.

STAGES OF MENOPAUSE



MENOPAUSE

Symptoms

HOT
FLASHES
CONTINUES
FOR YEARS



EXTREME
TIREDNESS



BONE
LOSS



WEIGHT
GAIN



MEMORY
ISSUES



EXTREME
SKIN
DRYNESS



SLEEP
PROBLEMS



MORE
BAD
HAIR
DAYS

THE YOGA
INSTITUTE

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5 WAYS TO MAKE MENOPAUSE LESS ANNOYING

1. Stock up on lube

Dipping estrogen can make vaginal tissue feel dry and irritated. A good lubricant gets you back in the mood.

2. Lower nighttime temps

Hot flashes don't take a break because you're asleep. Give yourself a fighting chance: Keep the room cool.

3. Switch to decaf in the P.M.

Menopause can cause insomnia. Getting older ups caffeine sensitivity. It's a whole thing.

4. Practice your kegel exercises

You'll strengthen your pelvic floor muscles, which can help prevent urine leaks. Yep, they're common now, too.

5. Ask for help if you need it.

Really struggling with sadness, irritability, and moodiness? Ask your doc about therapy, meds, or both.



Supported bridge



Strengthen pelvic area

Forward fold



Keeps calm

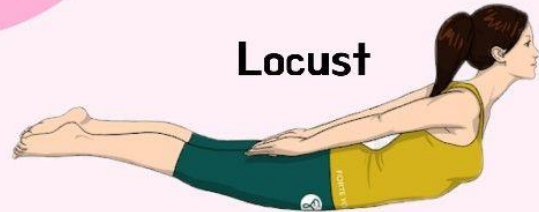
YOGA FOR HEALTHY MENOPAUSE

Upward bow



Banish mood swings

Locust



Increase circulation to uterus and ovaries

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