

# Understanding Your Next Chapter: What Patients Should Expect During the Transition

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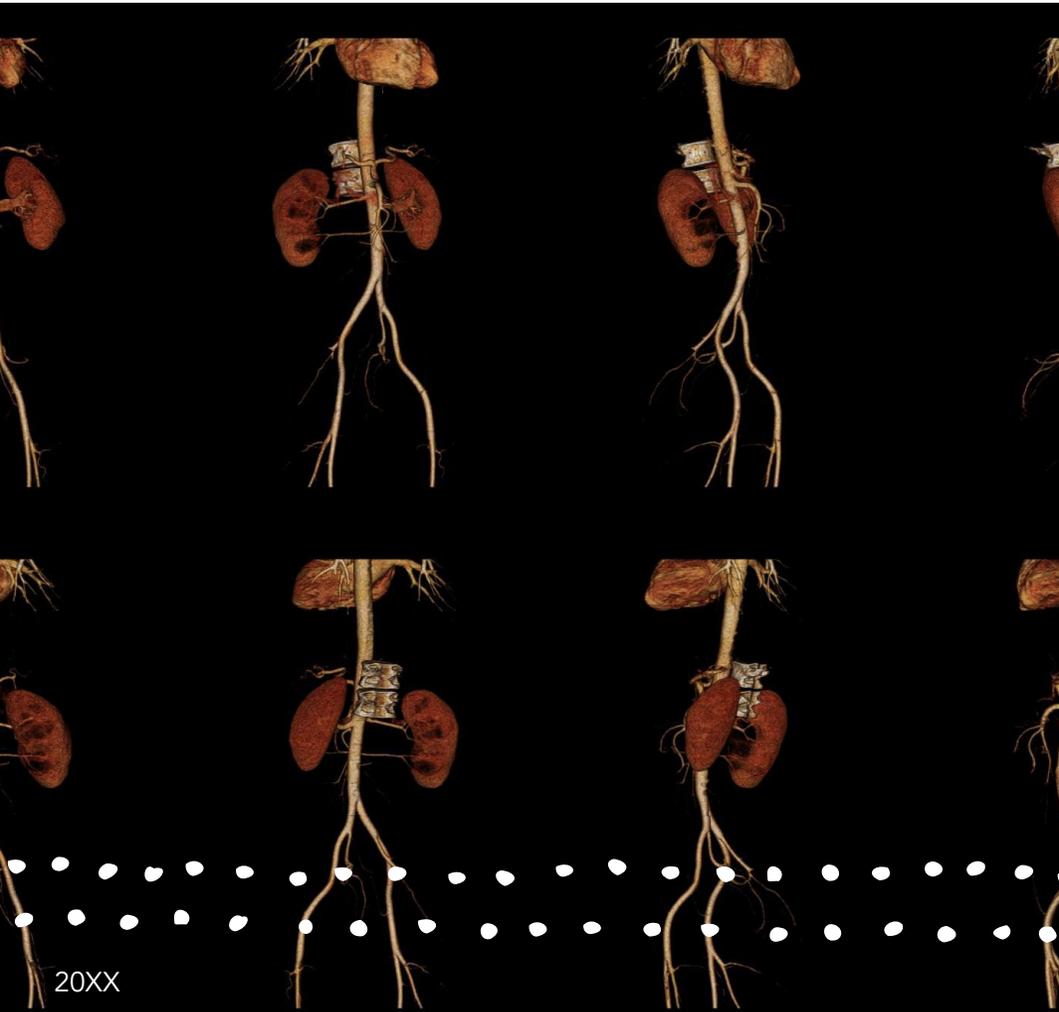


# Agenda Overview

- Overview of Menopause and Its Stages
- Physical and Emotional Symptoms of Menopause
- Diagnosis and Medical Evaluation
- Management Strategies and Support

# Overview of Menopause and Its Stages

# Definition and Phases of Menopause



## Menopause Definition

Menopause is the permanent end of menstruation after 12 months without a period.

## Perimenopause Phase

Perimenopause is the transitional phase with fluctuating hormones before menopause.

## Menopause Phase

Menopause marks the cessation of menstruation with significant hormonal shifts.

## Postmenopause Phase

Postmenopause follows menopause, characterized by stable low hormone levels and physiological changes.

# Age Range and Variability

## Typical Menopause Age

Menopause usually occurs between ages 45 and 55, marking the end of reproductive years.

## Influencing Factors

Genetics, health conditions, and lifestyle choices significantly affect menopause timing and experience.

It can also be affected by medications and surgery



# Common Misconceptions About Menopause



## Misconception of Severe Symptoms

Menopause does not always cause severe symptoms; experiences vary widely among individuals.

## Myth of Loss of Vitality

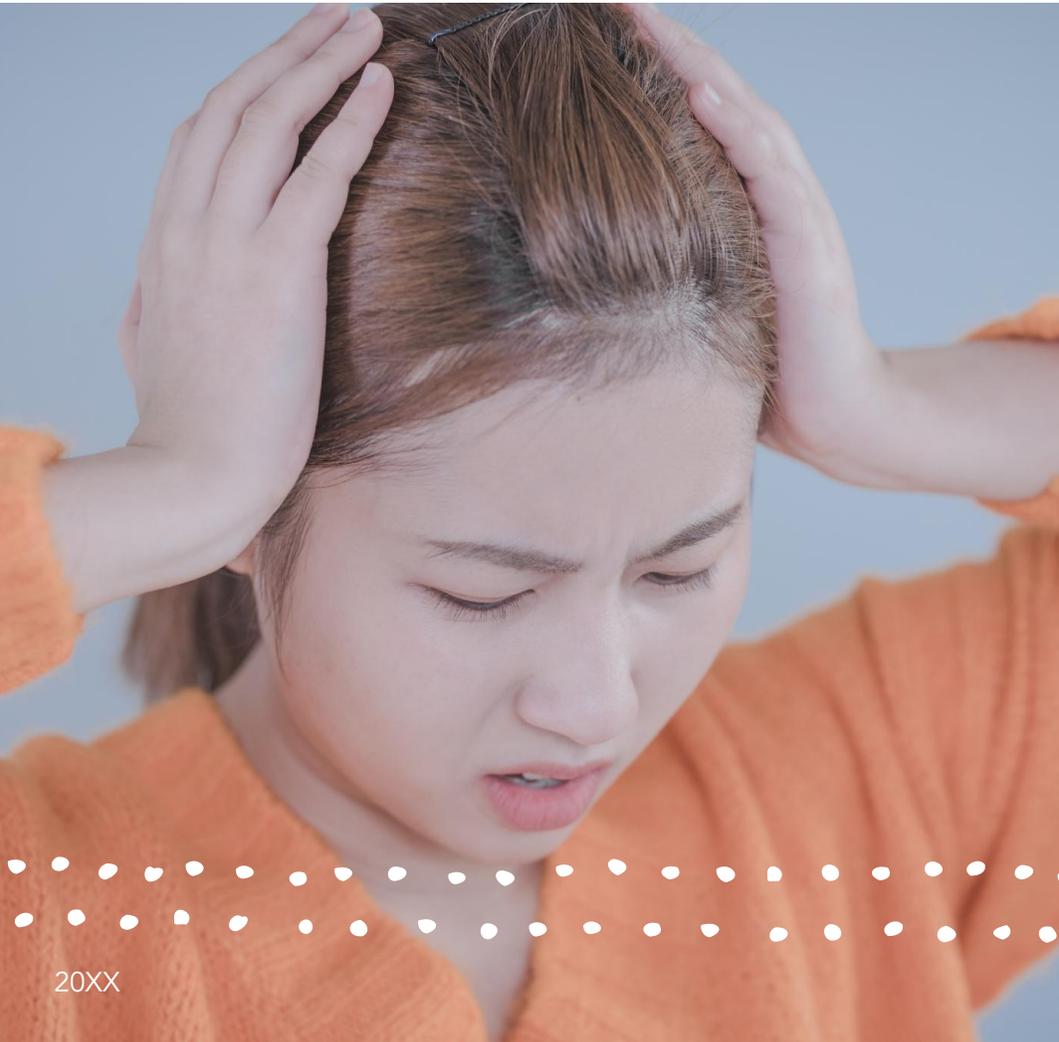
Menopause does not mark the end of vitality; many continue to lead active and fulfilling lives.

## Importance of Understanding Facts

Knowing facts about menopause helps dispel stigma and encourages informed health decisions.

# Physical and Emotional Symptoms of Menopause

# Common Physical Symptoms (Hot Flashes, Night Sweats, Changes in Menstruation)



## Hot Flashes and Night Sweats

Hot flashes and night sweats result from hormonal changes and are common physical symptoms experienced.

## Other symptoms

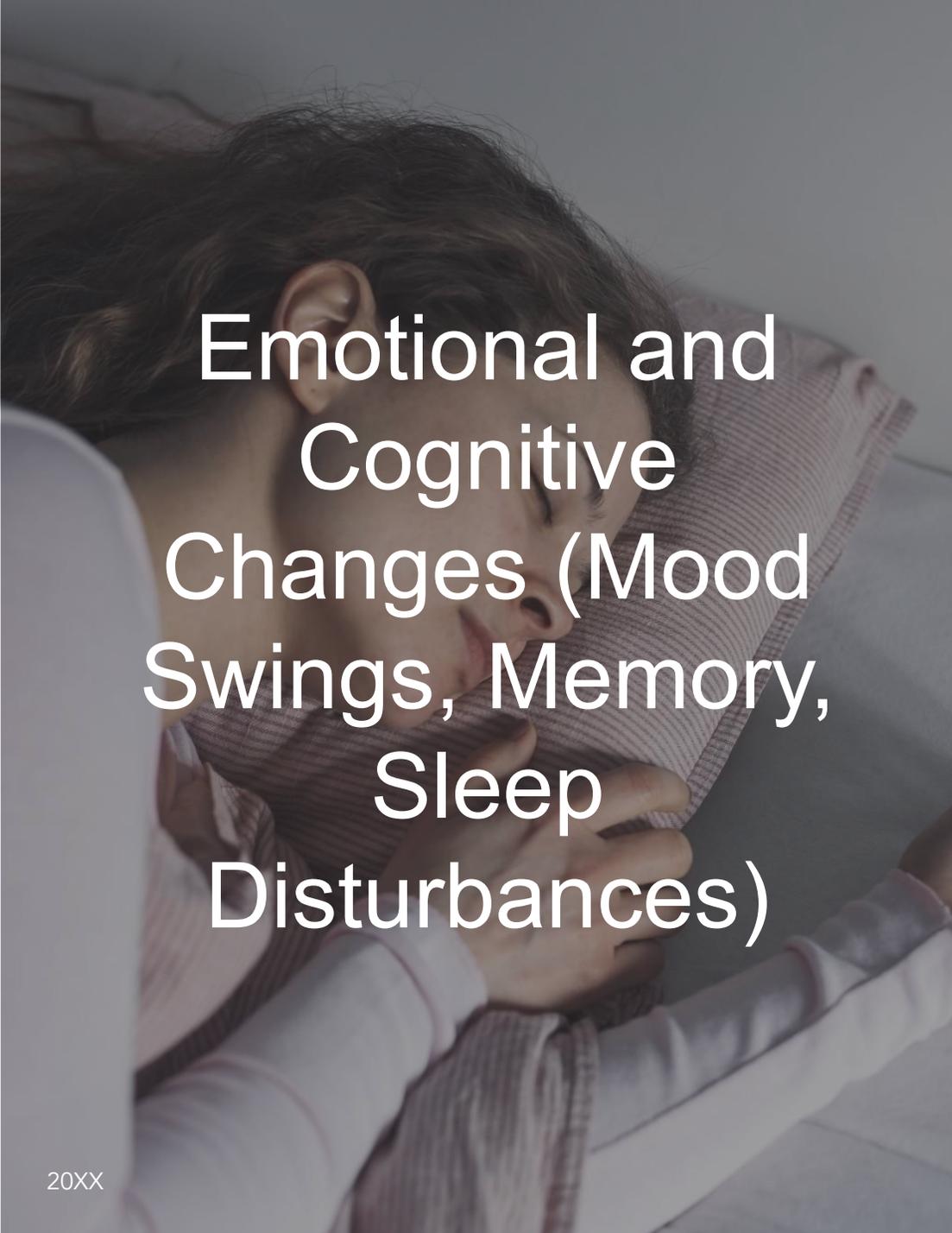
You may also expect things like vaginal dryness (which can cause pain with sex) and urinary incontinence.

## Menstrual Cycle Changes

Menstrual cycles become irregular and eventually stop during this phase, marking a significant physical change.

## Impact on Quality of Life

These symptoms can affect daily comfort and reduce overall quality of life for many individuals.



# Emotional and Cognitive Changes (Mood Swings, Memory, Sleep Disturbances)

## Mood Swings and Irritability

Mood swings and irritability commonly occur during menopause affecting emotional well-being and daily interactions.

## Memory Lapses

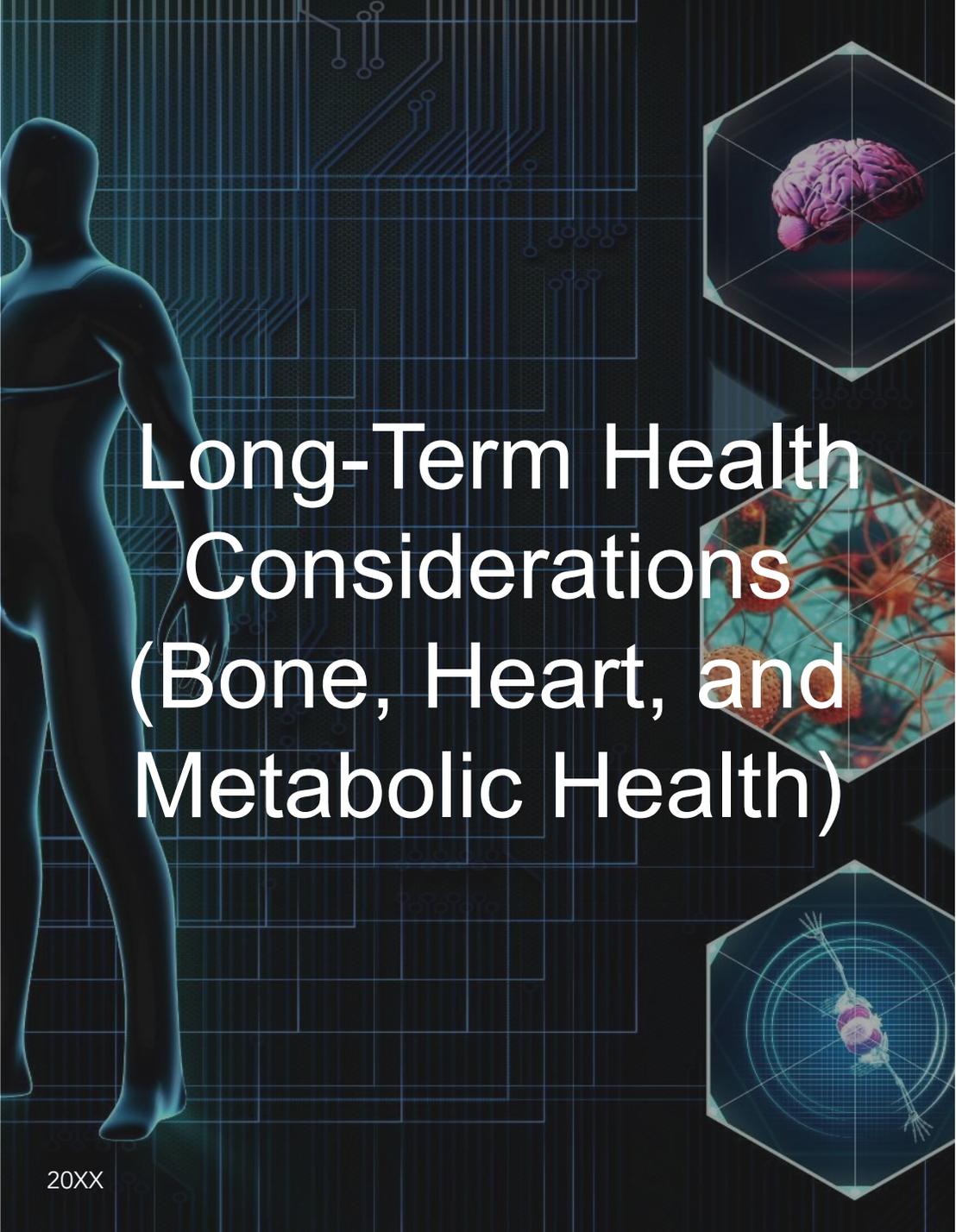
Memory lapses and difficulty concentrating are frequent cognitive challenges faced during menopause.

## Sleep Disturbances

Sleep disturbances such as insomnia and restless nights impact overall health during menopause.

## Managing Changes

Appropriate support and interventions can effectively manage emotional and cognitive changes during menopause.



# Long-Term Health Considerations (Bone, Heart, and Metabolic Health)

## Osteoporosis Risk

Reduced estrogen after menopause increases bone loss, raising the risk of osteoporosis and fractures.

## Cardiovascular Disease

Lower estrogen levels contribute to higher risk of heart disease and vascular problems post-menopause.

## Metabolic Changes

Menopause triggers metabolic changes that can affect weight, insulin sensitivity, and overall metabolic health.

## Preventive Care Importance

Early awareness and proactive measures can help manage health risks and improve long-term outcomes.

# Diagnosis and Medical Evaluation

# How Menopause Is Diagnosed

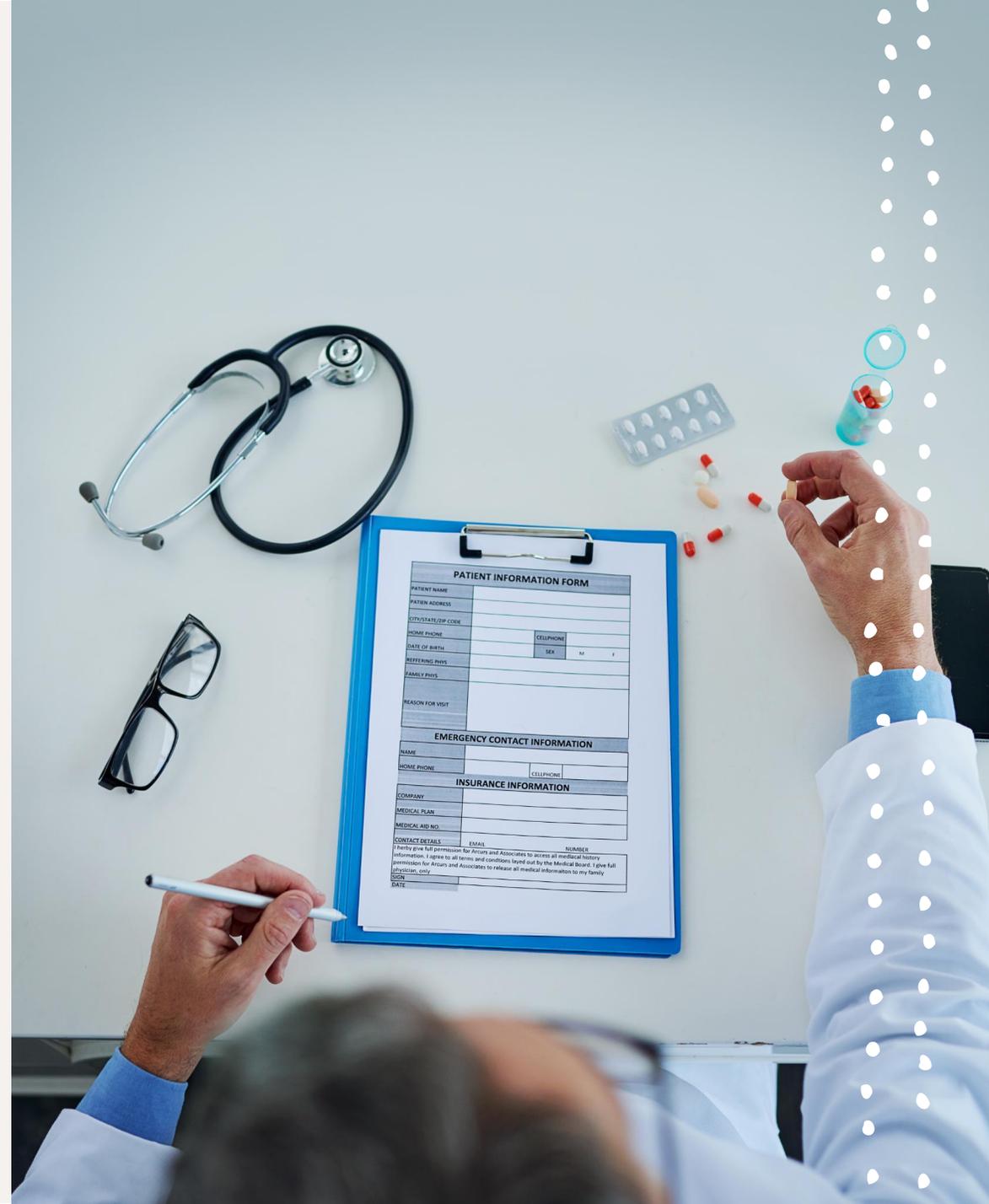
## Clinical History Assessment

Diagnosis relies mainly on evaluating the patient's medical and symptom history to identify menopause signs.

## Hormone Blood Tests

Blood tests measuring hormone levels can assist diagnosis but are not always required.

- Estrogen is less helpful because of the different forms
- LH 15-20 mIU/mL or higher
- FSH 30-45 mIU/mL or higher



# When to Seek Medical Advice



## Severe Symptom Awareness

Seek medical advice promptly if symptoms become severe or worsen suddenly to ensure timely treatment.

## Chronic Risk Concerns

Consult healthcare providers if concerned about chronic diseases like osteoporosis or heart disease for early diagnosis and management.

- Osteoporosis risk factors
  - Age, Female, White or Asian, smaller frame, family history, premature ovarian failure, poor diet, or alcohol or tobacco use
- CVD risk factors
  - Age, metabolic syndrome, family history, tobacco use



# Management Strategies and Support



# Lifestyle Changes and Self-Care Tips

## Regular Exercise Benefits

Engaging in regular physical activity helps reduce menopause symptoms and improves overall well-being. Goal is 150 minutes of moderate intensity or 75 minutes of high intensity per week with at least 2 days of weightlifting

## Balanced Nutrition

Eating a nutritious and balanced diet supports hormonal balance and boosts energy levels during menopause.

## Stress Management

Managing stress through relaxation techniques promotes mental health and eases menopause challenges. Most important is balance.

## Good Sleep Hygiene

Maintaining regular sleep patterns improves mood and physical health during menopause.

# Medical Treatments and Hormone Therapy



## Hormone Replacement Therapy Benefits

HRT helps relieve symptoms related to hormone imbalances and can reduce associated health risks when properly managed.

## Personalized Treatment Approach

Treatments should be tailored to individual needs to maximize effectiveness and minimize side effects under medical supervision.

## Healthcare Provider Supervision

Continuous monitoring by healthcare professionals ensures safe and effective hormone therapy and medication use.

- Complications could include blood clot (esp with tobacco use) or cancer (breast or endometrial)

# Hormone Replacement Options

- Estrogen
  - Most effective against hot flashes
  - Not with risk of CVD, breast or endometrial cancer
- Estrogen/Progesterone
  - Can be used to reduce risk of endometrial cancer
- Methods of use: mouth, a skin patch, a vaginal ring, and a skin gel, cream, or spray



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# Alternative Hormone Options

## Off Label

- Gabapentin
- Oxybutynin
- Antidepressants  
(paroxetine, citalopram,  
venlafaxine)

## Supplements

- soybeans (moderate  
evidence)
- chickpeas
- lentils
- flaxseed
- lentils
- Whole grains
- Some fruits & vegetables -  
red clover

## Herbals

Black Cohosh no better  
than placebo

# Support Resources and Counseling Options



## Counseling Services

Professional counseling helps patients manage emotional challenges associated with menopause effectively.

## Support Groups

Support groups provide shared experiences and encouragement, fostering a sense of community among patients.

## Educational Resources

Educational materials empower patients with knowledge to better understand and manage menopause symptoms.

# Conclusion

## Natural Menopause Phase

Menopause is a natural biological phase marked by physical and emotional changes in women.

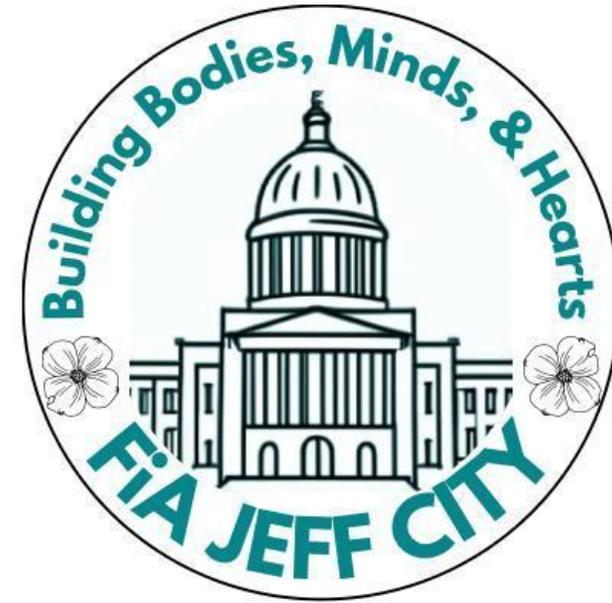
## Importance of Knowledge

Proper understanding and diagnosis help women manage menopause confidently and effectively.

## Health and Well-being

Effective management strategies support maintaining health and emotional well-being during menopause but being proactive will help the best.

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IS AN APPOINTMENT  
WITH YOURSELF.  
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Monday and Wednesday on 0500  
0730 on Saturday  
at South side of the Capitol

Always Free, Always Outside, Always  
Women

# Citations

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