

NAVIGATING MENOPAUSE



DID YOU KNOW?



Menopause is a normal part of aging where the ovaries stop producing estrogen



Perimenopausal symptoms may begin around age 45 and include hot flashes, night sweats, mood swings, and vaginal dryness



Menopause occurs around age 51 when menstrual periods have stopped for a year



Do you have mild symptoms such as occasional hot flashes?

YES

Try these tips

- Dress in layers
- Eat a healthy diet
- Sleep with a fan
- Exercise regularly

Avoid these triggers of hot flashes

- Spicy food
- Hot beverages
- Overheating
- Alcohol



Do you have symptoms that interfere with your daily life?

YES

Ask your VA primary care provider about medications and other treatments

Your VA primary care provider can help with a personalized holistic plan including prescription medications such as hormone therapy, mental health care, and whole health classes like yoga and tai chi.

Women Veterans Call Center: 1-855-829-6636

www.womenshealth.va.gov | #WomenVets

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