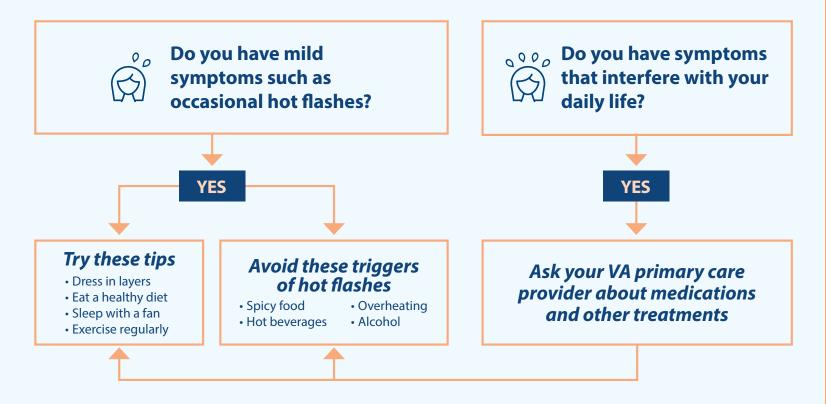
## NAVIGATING MENOPAUSE



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.

## 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

## Women Veterans Call Center: 1-855-829-6636 www.womenshealth.va.gov | #WomenVets



U.S. Department of Veterans Affairs