



Dispelling Menopause Myths

Menopause is a natural phase of life that every woman will go through, but it can often feel like a mystery they're left to solve on their own. Outdated ideas, misinformation, and lack of open dialogue cause women to approach menopause with anxiety about what to expect, leading to unnecessary worry and delay in getting proper care. That's why it's essential to separate fact from fiction.

Understanding Menopause

Menopause marks the stage in a woman's life when menstrual cycles stop permanently and she can no longer get pregnant naturally. This season of life can feel confusing when symptoms, timing, and treatment options vary from person to person. Years of stigma and limited conversations about midlife health have only fueled the myths about menopause, making it more important now than ever to do our own research. Thankfully there are many science-backed strategies that can help support the menopause transition period.

The Stages of Menopause

- **Perimenopause:** Starting in the late 30s or early 40s, this is the traditional stage between one's reproductive years and menopause, characterized by changes in your menstrual cycle length, flow, and predictability, lasting anywhere from 8-10 years.
- **Menopause:** This stage begins once you've gone 12 months since your final period, commonly between ages 45 and 55.
- **Post Menopause:** This stage begins after you reach menopause and continues for the remainder of your life. Your hormones levels remain low, but many symptoms you experienced during menopause will disappear or become milder. You will have a higher risk of health issues like osteoporosis and heart disease due to lower estrogen levels.

Fact vs. Fiction

You Can't Get Pregnant During Perimenopause.

- Fertility declines with age, but pregnancy is still possible during perimenopause

Hot Flashes Are the Only Symptom.

- While hot flashes are common, menopause can affect many aspects of health including mood, sleep, metabolism, energy changes, and bone density.

Weight Gain Is Inevitable.

- Hormonal changes can affect metabolism and body composition, but weight gain isn't a sure thing. Lifestyle changes like strength training and balanced nutrition can help.

You Have to Live With Your Symptoms.

- Menopause symptoms can be life altering, but there are ways to manage them. Start by discussing a treatment plan with your doctor.



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