



## THE 3 STAGES OF MENOPAUSE



### PERIMENOPAUSE

Perimenopause signifies the transitional time leading up to the final menstrual period, characterized by fluctuations and **a gradual decline in the levels of reproductive hormones**— estrogen and progesterone.



### MENOPAUSE

Menopause is defined when a woman has **not had a menstrual period for 12 consecutive months**. It signifies the end of the reproductive years and is a result of the natural decline in the ovarian production of hormones.



### POSTMENOPAUSE

Postmenopause is the stage of life *after* the 12 months of not having your menstrual period. This signifies the end of your reproductive years.

## TOP 5 QUESTIONS TO ASK YOUR PROVIDER

There is nothing more powerful than a woman who has some questions. We believe you deserve a few answers. Here are 5 questions we recommend you ask your provider.



### BASED ON MY AGE AND SYMPTOMS WHAT TESTS AND SCREENINGS SHOULD I CONSIDER?

Find out if there are additional screenings or health checks you should prioritize during this stage.



### WHAT TREATMENT OPTIONS ARE AVAILABLE FOR MANAGING MY SYMPTOMS?

Explore both hormonal and non-hormonal therapies to find what's best for you.



### IS MENOPAUSE HORMONE THERAPY AN OPTION FOR ME?

Discuss the benefits, risks, and suitability of hormone therapy for managing menopause symptoms.



### HOW CAN I MANAGE THE IMPACT OF PERI/MENOPAUSE ON MY OVERALL HEALTH?

Discuss strategies for maintaining bone health, brain health, mental health, sexual health, cardiovascular health, and weight management.



### ARE THERE LIFESTYLE CHANGES OR DIETARY ADJUSTMENTS THAT COULD HELP?

Get advice on nutrition, sleep management, stress management, and exercise that can ease symptoms and improve well-being.



# YOUR GUIDE TO PERI/MENOPAUSE

HotPause Health is a fast-growing community dedicated to empowering women through their peri/menopause journeys.






HotPause  
Health™



## ABOUT HOTPULSE HEALTH

HotPause Health provides accessible, credible resources and information to proactively educate women about midlife. We seek to radically change the peri/menopause experience from solitary, silent suffering to an emboldened community.

### LET'S CONNECT!

-  @hotpausehealth
-  hotpausehealth.com
-  hello@hotpausehealth.com



## LEAN ON US. WE'RE HERE TO HELP!



### PROVIDER DIRECTORY

- Largest menopause-specific provider directory in the U.S.
- OB/GYNs, Dermatologists, Mental Health Experts, Acupuncturists & more



### MENOPAUSE-SPECIFIC PRODUCTS

- Crowdsourced, peer-reviewed menopause-specific products
- Skin care, hair care, sexual care, sleep health, supplements & more



### WOMEN-FOCUSED COMMUNITY

- Peri/menopause community & forum
- Ask the questions that are keeping you up at night!

## YOU'RE NOT CRAZY. YOUR MENOPAUSE SYMPTOMS ARE REAL.

There are 30+ peri/menopause symptoms. Don't panic. Get informed and take action. HotPause Health is here to help support your peri/menopause journey.



### VASOMOTOR

- Heart Palpitations
- Hot Flashes
- Night Sweats



### SEXUAL HEALTH

- Low Libido
- Painful Sex



### PELVIC HEALTH

- Cramps
- Irregular Periods
- Urinary Incontinence
- Urinary Tract Infections
- Uterine Fibroids
- Vaginal Dryness



### HAIR & SKIN

- Acne
- Body Odor
- Dry Skin
- Hair Loss & Thinning
- Melasma



### MENTAL HEALTH

- Anxiety
- Brain Fog
- Depression
- Mood Swings
- Rage



### SLEEP HEALTH

- Fatigue
- Insomnia
- Periodic Limb Movement Disorder
- Restless Leg Syndrome
- Obstructive Sleep Apnea



### BODY

- Bloating
- Frozen Shoulder Syndrome
- Headaches
- Muscle & Joint Pain
- Nausea
- Osteoporosis
- Sore Breasts
- Vertigo
- Weight Gain

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