

## 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.

(V) MENOPAUSE

years.

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 is the stage of life after the 12 months of not having your menstrual period.

This signifies the end of your reproductive

# 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 nonhormonal 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?

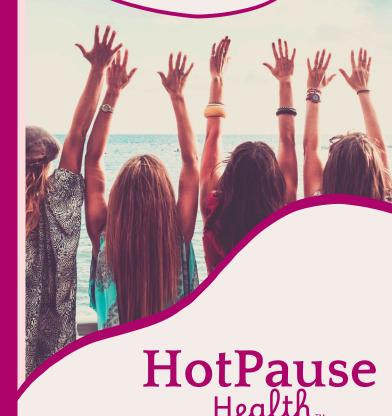
Discuss strategies for maintaining bone health, brain health, mental health, sexual health, cardiovascular health, and weight management.

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.







## **ABOUT HOTPAUSE 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!**



- 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 &
- 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.



- Heart Palpitations
- Hot Flashes
- Night Sweats



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



- Anxietv
- Brain Fog



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



- Low Libido
- Painful Sex



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



#### **SLEEP HEALTH**

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

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