

How Menopause Affects the Body

When people think of menopause, they usually think of hot flashes — but it's so much more than that

The loss of estrogen from menopause can affect your whole body.

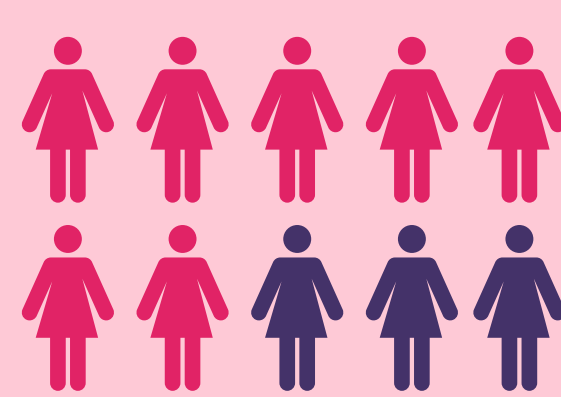


Bones, joints and muscles

- Bone loss
- Joint pain and stiffness
- Loss of muscle mass and strength



About 7 out of 10 peri/menopausal women deal with:

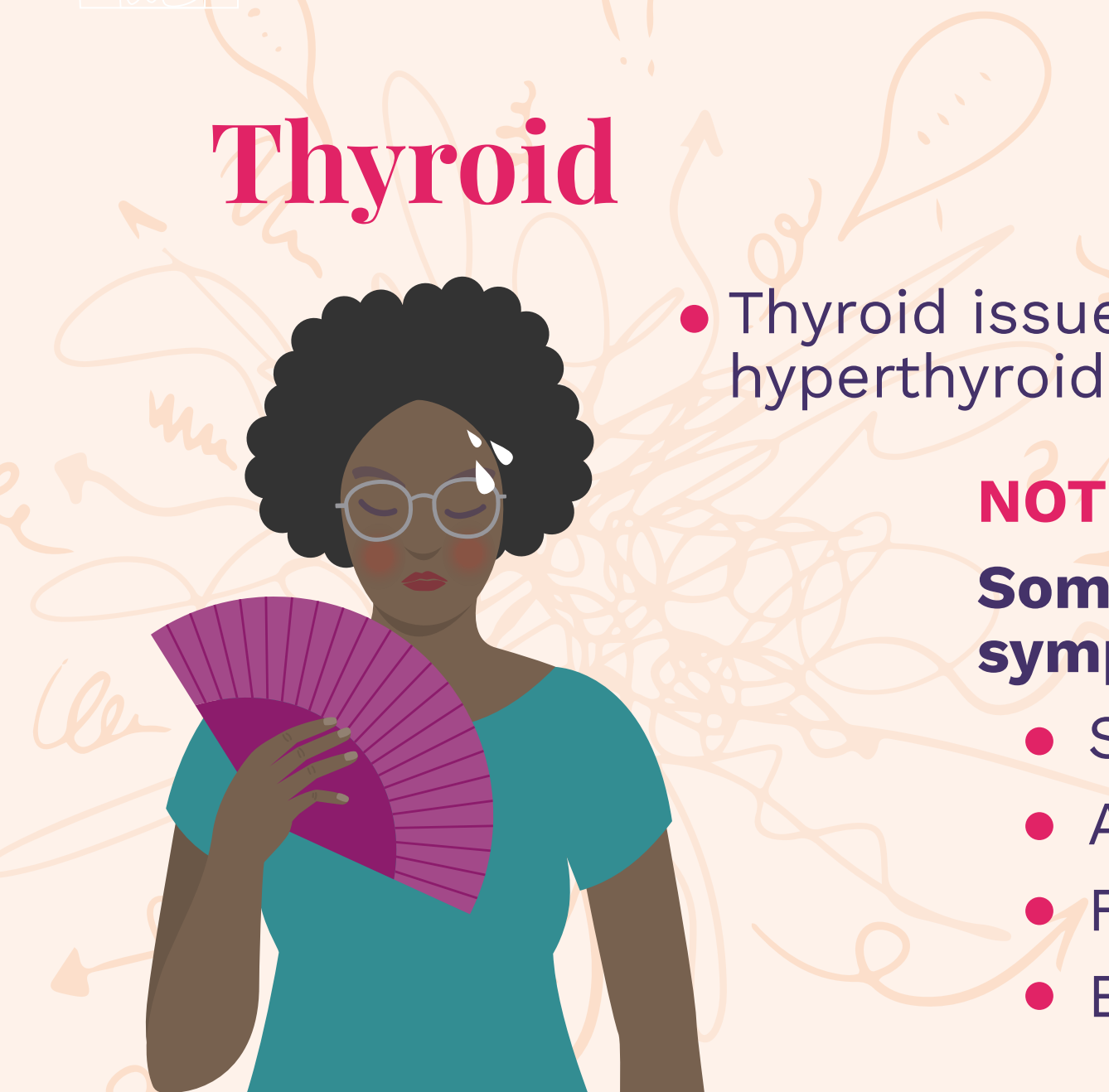


- Musculoskeletal syndrome of menopause
- Joint and muscle pain
- Lower bone density
- Stiffness and fatigue

that come from falling estrogen levels.

Thyroid

- Thyroid issues, such as hypothyroidism and hyperthyroidism



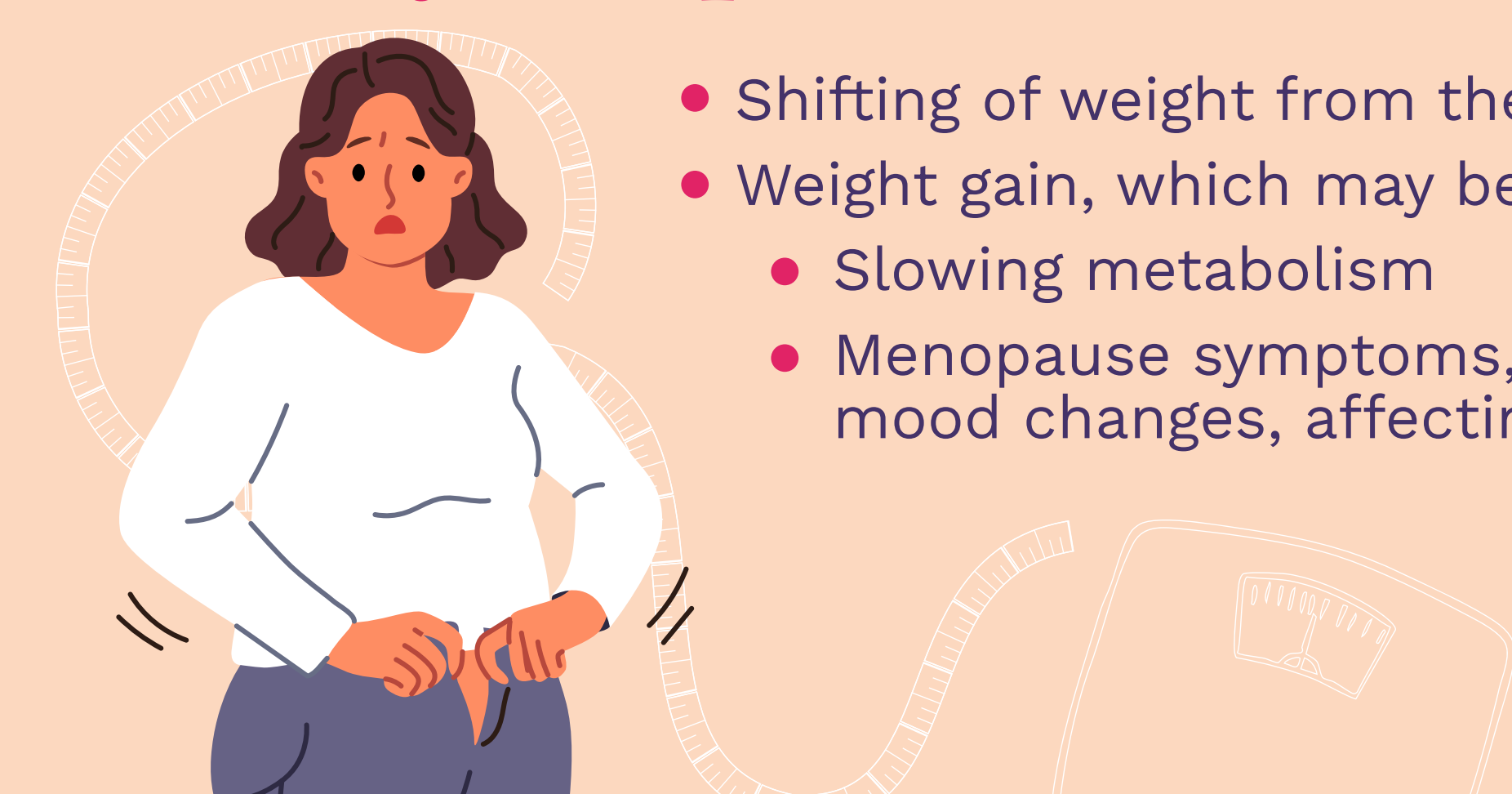
NOTE:

Some menopause symptoms overlap with symptoms of thyroid conditions, such as:

- Sweating
- Anxiety
- Fatigue
- Brain fog

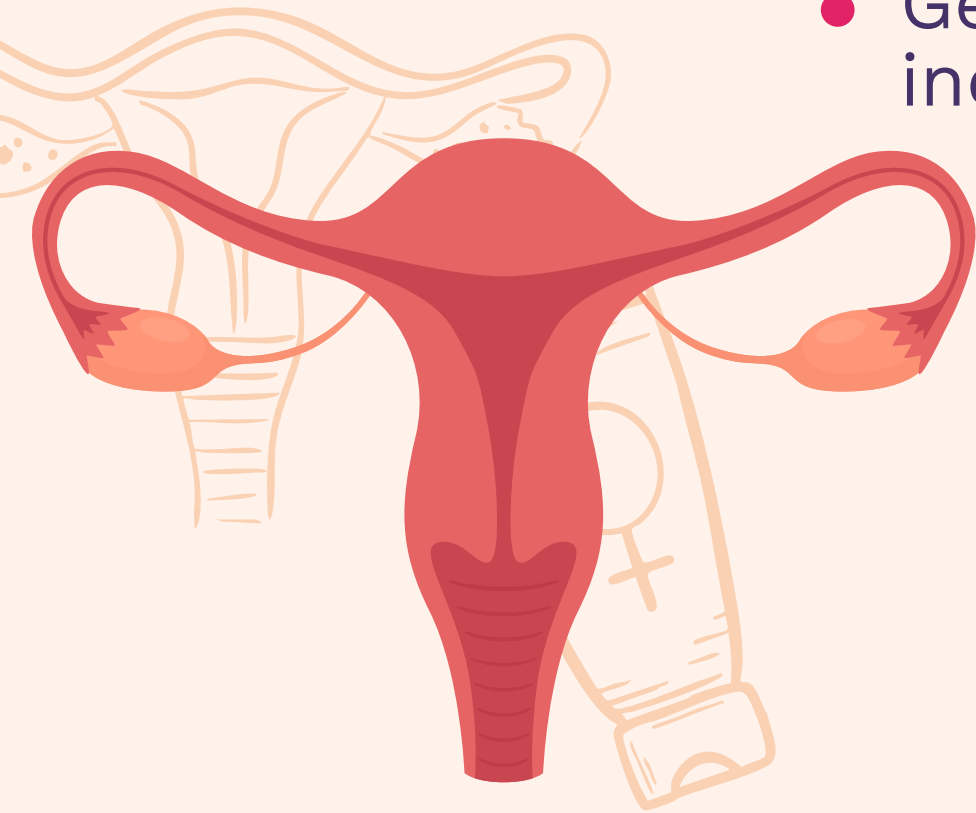
Body composition

- Shifting of weight from the hips and thighs to the belly.
- Weight gain, which may be a result of:
 - Slowing metabolism
 - Menopause symptoms, such as poor sleep and mood changes, affecting how we eat and exercise



Vagina

- Genitourinary syndrome of menopause (GSM), which includes:
 - Dryness and thinness of the lining of your vagina
 - Burning, itching, pain during sex or urinary tract infections



Did you know:
At least half of menopausal women have GSM.

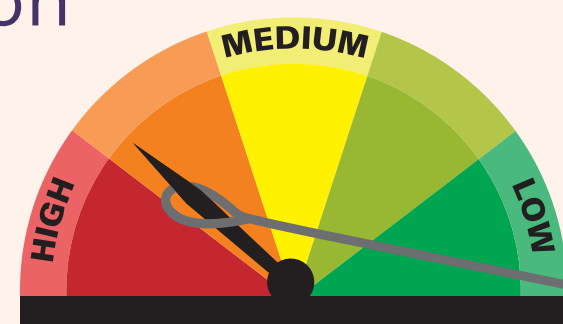
Skin

- Skin that sags and wrinkles due to loss of collagen
- Dry irritated skin from less oil production
- Flare-ups of acne and other skin conditions



Mental health

- Trouble with concentration and memory
- Mood swings and anxiety
- Depression



Women are 2x as vulnerable to depression during peri/menopause — particularly if they've dealt with it in the past.

The good news?

You don't have to suffer through menopause symptoms. Talk to your clinician about how lifestyle changes or treatment can help you feel like yourself again.

