

Understanding

MENOPAUSE

“Menopause is a natural bodily condition that brings with it sudden and often unexpected changes that can impact both physical and mental health.”

Stages of Menopause²

Menopause is a gradual process that has three stages:



Perimenopause

This begins over several years, when the ovaries gradually make less estrogen. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1 to 2 years of perimenopause, the drop in estrogen quickens, and many women experience menopause symptoms.



Menopause

This is the point of having no menstrual period for one year. At this stage, the ovaries have stopped releasing eggs and making most of their estrogen.



Postmenopause

These are the years after menopause. During this stage, menopausal symptoms such as hot flashes usually ease. Due to various risk factors with aging including a lower level of estrogen, postmenopausal women are at increased risk for other health conditions, such as osteoporosis and heart disease.

Menopause Symptoms³

Menopause is a time of natural transition. There may be a variety of symptoms during this transition including:

Lack of energy



Depression



Insomnia



Muscle and joint aches and pains



Flushing and night sweats



Bladder control issues



Vaginal dryness



Sexual problems



It is important to speak to your Health Care Provider if you are experiencing these symptoms

Lifestyle Changes and Choices⁴

Menopause presents an opportunity to consider lifestyle changes. These changes will promote healthier aging, and may help to alleviate some of the troublesome symptoms of menopause:

Healthy dietary choices



Smoking cessation



Regular exercise (both aerobic and weights)



Moderation of alcohol consumption



Relaxation and stress management technique



References:

1. Rrmc.org. (2024). Understanding & Managing Menopause. Available at: <https://www.rrmc.org/news-media/healthy-together/womens-health/understanding-managing-menopause>. Accessed on: 16 Jun 2025. 2. South African Menopause Society. Menopause Facts. Available at: <https://www.menopause.co.za/menopause-facts>. Accessed on 5 Jun 2025. 3. Sigma Canadian Menopause Society. Menopause: Times Have Changed. Let's Talk. Available at: https://www.canadianmenopausesociety.org/files/publications/SCM1249_Sigma%20CMS%20Flip%20Chart_FINALR%20April%202025.pdf. Accessed on 5 Jun 2025. 4. Sigma Canadian Menopause Society. Menopause: Managing Symptoms, Improving Health. Available at: <https://www.canadianmenopausesociety.org/files/publications/sigma-trifold.pdf>. Accessed on 5 Jun 2025.

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