

# Let's Take A Pause

T Ta Ab

Me → a e

The  
Women's  
Midlife  
Program  
at Weill  
Cornell  
Medicine

# Menopause is the end of a woman's menstrual cycle—it's official when a woman has gone 12 consecutive months without a period.

The number of eggs in the ovary decline as women age. The eggs produce hormones including estrogen, progesterone and testosterone, and their monthly release causes the menstrual cycle.

Most women reach menopause between age 40 and 58 , but the average age of menopause in the United States is 51.

Each woman experiences menopause differently. Some women don't experience menopausal symptoms at all, while others find them to be significant, and some women consider them to be mild. They may include:

- Hot flashes
- Night sweats
- Mood swings
- Vaginal dryness
- Urinary incontinence
- Weight gain
- Bone loss

Some women welcome relief from menstruation and the need for birth control, and find menopausal symptoms tolerable. Others may feel their quality of life has been disrupted. A knowledgeable practitioner can help navigate this transition.

# Perimenopause occurs before menopause.

As the years pass, the menstrual cycle becomes irregular, and the frequency of menstruation may decrease. This is often accompanied by changes in the amount and color of menstrual flow. These changes are a sign of perimenopause, which occurs before the final menstrual period.

In the years before the final menstrual period, ovarian function declines and hormonal release from the ovary may become erratic.

These changes can be a sign of perimenopause, which occurs before the final menstrual period. It is important to discuss any menstrual changes with your provider.



Women often reach menopause around the same time as mothers and sisters. Women who smoke tend to reach menopause about two years earlier than non-smokers.

Smoking is associated with an earlier age at menopause. This is because smoking affects the hypothalamic-pituitary-ovarian axis (HPOA). The HPOA is a complex system of glands and hormones that regulate the menstrual cycle. Smoking can cause the HPOA to become dysfunctional, leading to an earlier age at menopause. This is often accompanied by changes in the amount and color of menstrual flow. These changes are a sign of perimenopause, which occurs before the final menstrual period.

Only about 5% of women will experience menopause before age 40.

IT IS IMPORTANT TO DISCUSS ANY MENSTRUAL CHANGE WITH YOUR PROVIDER.

**Relief from  
menopausal  
symptoms  
is possible.**

**We'll evaluate  
your symptoms,**

# What is Hormone Therapy (HT)?

Hormone therapy (HT), also known as hormone replacement therapy (HRT), is a treatment option for women with symptoms of menopause. It can be an effective way to manage hot flashes, night sweats, vaginal dryness, and mood changes. HT can also help prevent osteoporosis and heart disease. However, HT is not recommended for all women, especially those with a history of breast cancer, blood clots, or liver disease.

**It is not recommended that all women take HT just because they are menopausal. But it can be a viable and effective treatment option for patients with symptoms of menopause who are not at increased risk for adverse effects.**

HT can be given in several ways, including oral pills, patches, gels, and injections. The most common type of HT is oral pills. HT can also be given as a combination of estrogen and progestin, or as estrogen alone. HT is most effective when started within 10 years of menopause. HT can also be used to treat symptoms of menopause in women who have had a hysterectomy. HT is not recommended for women with a history of breast cancer, blood clots, or liver disease.

**Menopause  
can be a good  
time for women  
to understand  
age-related  
health changes  
and evaluate  
their overall  
health.**

### Heart Disease & Stroke

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### Osteoporosis

P / da a e a a e -a / e f  
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### Urinary Incontinence

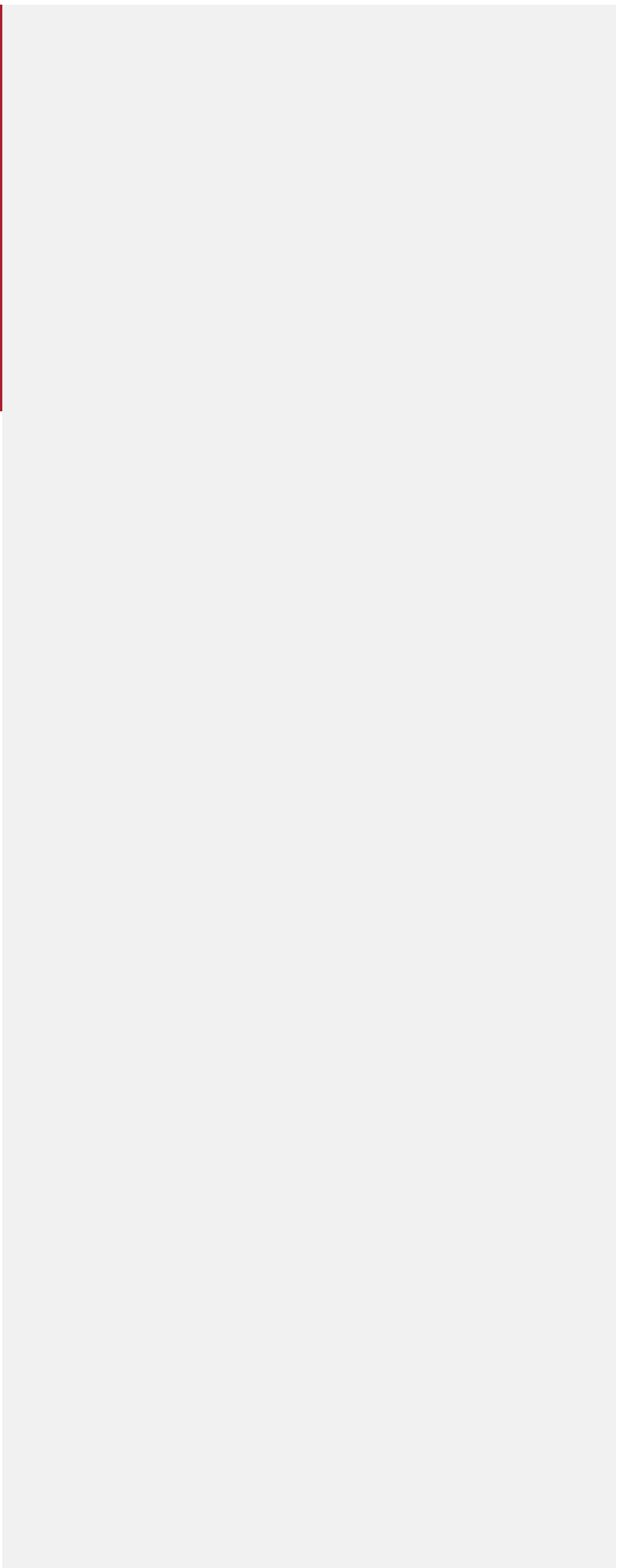
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### Oral Issues

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### Body Weight

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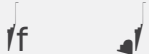


# Mid-life transitions can be challenging emotionally for some women.

**Some women in menopause experience a sense of liberation from periods and pregnancy concerns. Others find the transition to menopause bittersweet—even emotionally painful—and experience anxiety, irritability, sadness**



**Be your own  
advocate.**

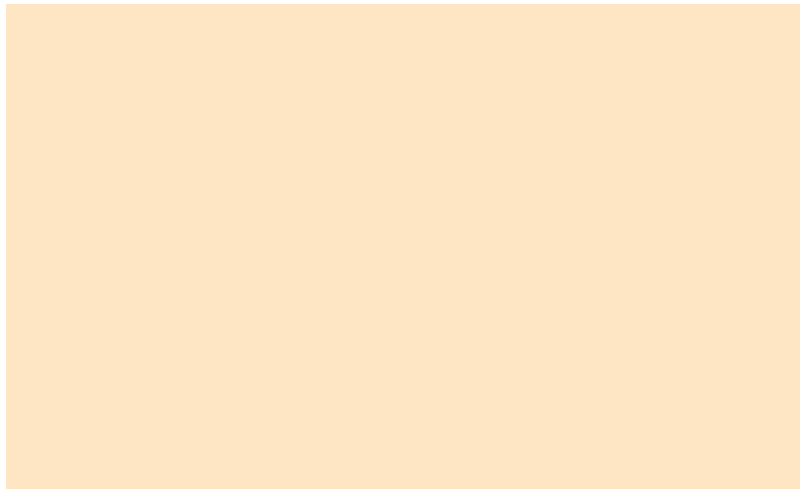
Ask questions, e e f 

# Varied experiences throughout menopause call for individualized care.

**Weill Cornell Medicine's experienced healthcare providers offer attentive and personalized care. We understand that your symptoms, experiences, and medical needs are unique.**



**Please call the  
Midlife Program  
at the Department  
of Obstetrics**



W I L L I E

<https://weillcornell.org/services/menopause>