

**Women's Medical Specialty  
Larry J Kaufman MD LLC**

**What is "Menopause"**

Menopause occurs due to the sudden drop in the female hormone estrogen as the ovaries stop releasing eggs, and periods become irregular and eventually stop.

As estrogen is present in every tissue of the body, women experience a variety of changes, some of which may be uncomfortable or distressing before a new balance is restored and life gets easier again.

Common symptoms are tiredness, hot flashes and night sweats, poor sleep, mood swings, poor memory and concentration, bladder and vaginal discomfort, joint pains, fuzzy heads, headaches, migraines and bloating.

Most symptoms only last for a few months at a time and most women can cope. However, some women have severe problems coping with their body's changes and life's demands, and may need to use HRT or other therapies for a few years. It may help you to talk to your family about how you feel, and to other women who are experiencing menopause so that those around you will better understanding of what you are going through.

The average age of menopause is 51 – but it often starts earlier. It usually lasts for a few years, though a small number of women may experience symptoms for a longer period of time.

As menopause occurs at the time of life when women may be facing many challenges such as looking after elderly relatives, coping with teenagers, facing serious illness, helping with grandchildren or all of the above, as well as working and running their own homes, it's not surprising that many women struggle to cope and may find life really challenging for a while.

There are many things that a woman can do to make menopause more manageable, including an exercise plan, a healthy eating regimen, natural supplements, estrogen replacement therapy and bioidentical hormones. If you believe you are having symptoms of menopause, we encourage you to talk to Dr. Kaufman or Susan so that together you can develop a customized plan that will help you manage the challenges of menopause more easily.