

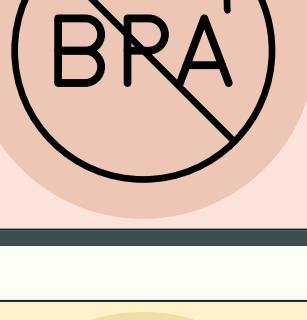
Ten Takeaways to Remember About

MENOPAUSE



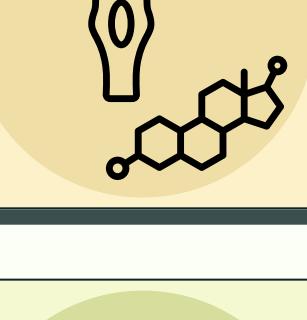
WELCOME TO THE CLUB

Menopause = 12 months with no period. Perimenopause is the transition time before menopause.



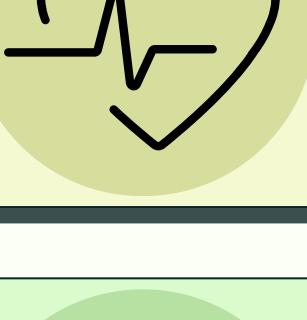
LIFESTYLE MATTERS

Exercise, eat well, and avoid toxins like BPA.



HT CAN BE A GREAT TOOL

When timed right, hormone replacement therapy can work wonders.



HEART HEALTH MATTERS

Cardiovascular disease kills more women than breast cancer. HT can help reduce risk when started early.



I'VE GOT A BONE TO PICK

Bone health needs attention. Estrogen helps prevent fractures.



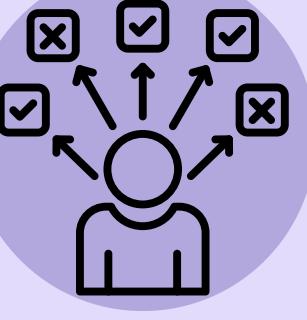
FEELING FOGGY

Brain fog is real, but not permanent. Estrogen may help.



LET'S GET FUNCTIONAL

Functional medicine can support hormone balance. Think nutrition, stress, and gut health.



THERE ARE OPTIONS

Hormonal, non-hormonal, lifestyle, and alternative--it's not a one-size-fits-all phase of life.