

OTHER TIPS FOR MENOPAUSAL WOMEN

- Using vaginal moisturizers (Replens) helps relieve vaginal dryness and irritation.
- Coconut oil is a great lubricant for sex because it does not have any irritating preservatives and it is edible.
- Exercising at least 30 minutes a day will help improve sleep quality, mood, and stress levels.
- Avoiding electronics (laptop, phone, TV, etc.) 30 minutes before bed improves your ability to fall asleep and stay asleep.
- Blocking all light from your room improves your sleep quality.
- Using relaxation techniques decreases stress levels and and decrease irritability. This can be as simple as engaging in regular prayer or meditation.
- Learning something new improves your brain function.



ABOUT US

Led by Dr. Hannah Shehata, MHA provides top-tier medical care for women. Our office specializes in gynecologic care for women ages 35–70 years old. Our goal is to help women be the best version of themselves inside and out.

We recognize that female sexual health concerns are often brushed aside, especially as women get older. Therefore, MHA specializes in treating women who are in menopause and/or going through the changes of menopause. Our office offers innovative treatments for urinary leakage, loss of sexual desire, decreased sexual sensitivity, and painful sex. We also offer hormone replacement therapy.



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MHA
MURRIETA HEALTH
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TIPS FOR MENOPAUSAL SYMPTOMS



Emphasizing Female Sexual Health

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WHAT IS MENOPAUSE?

Menopause, in medical terms, is when a woman has not had a period for over a year. After this year of no menses, a woman is considered to be postmenopausal. On average, women experience menopause around their 50th birthday.

Menopause is a natural part of aging and it is due to a woman's ovaries no longer functioning. She is no longer able to bear children and she no longer produces significant levels of estrogen, testosterone, and progesterone in her ovaries.

Prior to menopause, many women experience symptoms of irregular hormone production. This "perimenopausal" period can last for years and the symptoms associated with it can be quite bothersome.

COMMON PROBLEMS IN (PERI)MENOPAUSE

While many women celebrate the end of their menstrual cycle, (peri)menopause can bring with it the following problems:

- Hot Flashes and Night Sweats
- Insomnia
- Fatigue
- Mood Changes (Irritability, Anxiety, etc.)
- Irregular Bleeding
- Vaginal Dryness (atrophy)
- Painful Sex
- Recurring Vaginal and Urinary Infections
- Low Libido
- Bone Loss
- Increased Risk of Cardiovascular Disease

HOW DOES MHA TREAT MENOPAUSE?

- Preventative Care– We screen you for common health problems associated with (peri)menopause including bothersome side effects.
- Counseling– We offer individualized counseling on lifestyle and dietary changes to help you minimize the effects of menopause.
- Bioidentical Hormone Replacement Therapy– HRT improves hot flashes, mood swings, sleep disruption, vaginal dryness and low libido. It also decreases the risk of osteoporosis, dementia, and heart disease.
- Medical Grade Supplements– We offer a variety of supplements made from only the highest quality ingredients to address the negative effects of menopause.
- Vaginal Rejuvenation– Our FemiLift CO2 vaginal laser restores sexual comfort by increasing vaginal lubrication and reducing vaginal dryness. It combats reoccurring vaginal infections, urinary leakage, and painful sex.
- Kegel Chair– A noninvasive pelvic floor physical therapy alternative that restrengthens the pelvic floor muscles to reduce urinary leakage.
- Improvement of Sexual Pleasure– Our painless shockwave therapy treats female sexual dysfunction by improving clitoral blood flow so that intimate moments are more pleasurable.
- Antiaging Treatments– We offer a variety of treatments to help you age gracefully, including wrinkle relaxers, fillers, plasma skin resurfacing, and painless hair restoration.

SUPPLEMENTS TO COMBAT HOT FLASHES

- Vitamin E 800IU daily
- Vitamin D 2000IU daily
- Chasteberry 100mg daily
- St. John's wart 300–600mg daily
 - Should not be used if taking antipsychotic or depression medications.
- Milk thistle
- Flower pollen (female serelys)
- Omega-3 fatty acids (EPA, DHA, and α -linolenic acid)
- Estroven and estrovera (rhubarb) reduce hot flashes, improve sleep quality, decrease irritability, and improve mood.
- Wild yams, saw palmetto (Lepidium), and ginseng DO NOT improve symptoms in studies, but they are safe to try.

RECOMMENDED LIFESTYLE CHANGES

- Avoid alcohol, caffeine, and spicy foods
- Layer clothes and wear looser fitting clothes
- Wear breathable fabric
- Keep the ambient house and car temperatures low
- Sleep with a fan and/or by the window
- Keep a handheld fan in your purse
- Clinical hypnosis decreases the frequency and intensity of hot flashes
- Acupuncture with electrical stimulation (electro-acupuncture) decreases the frequency and intensity of hot flashes
- Lose 5–10lbs. It makes a big difference in the quality of your life after menopause.