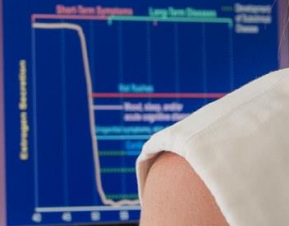




Hormone Deficiency Effects



Estrogen Loss and Manifestations of Health Risks Over Time



Navigating Menopause with Knowledge Environment with Kelly Good, MD

Kelly's Clinic Resource Library

[MENOPAUSE Times Have Changed. Let's Talk.](#)

Menopause is a natural phase of life and a universal experience that every woman goes through, just like puberty. During menopause, a woman's ovaries stop producing eggs, which results in falling levels of the hormones estrogen and progesterone. A woman has reached menopause when she is period-free for 12 months. Menopause is a continuum that includes three stages: perimenopause, menopause and postmenopause. A woman will be in a menopausal state for one-third to one-half of her life.

[Get Our Menopause Symptom Tracker](#)

Did you know there are more than 30 symptoms associated with perimenopause and menopause?

Most of us know about hot flashes, but how many of us understand that heart palpitations, headaches, body aches and a host of other symptoms are part of the menopause transition?

SYMPTOMS OF MENOPAUSE



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Menopause Diagnostic Quiz

Am I in Menopause?



Mood Swings



Sleep Disorders



Irritability



Hot Flashes

MENOPAUSE



Headaches



Difficulty Concentrating



Loss of Libido



Joint Pain

Power of 3: Oestrogen, Progesterone and Testosterone



[Influence Posters - Power of Three](#)

We've created three downloadable posters that give you a whistlestop tour of the influence and impact of oestrogen, progesterone and testosterone throughout your body – **to download just click on the link.**

Hormones are chemical messengers found throughout your body, telling it what to do and when. They are involved in your growth and development, metabolism, emotions, sexual and reproductive function, sleep and blood pressure. They help you fall in love, bond with offspring, power you to the finish line and make you feel happy, sad, furious and everything in between.

And when it comes to perimenopause and menopause, there are three key hormones you need to know about oestrogen, progesterone and testosterone. Their names might be familiar, but do you know what role each plays?

[Long Term Health Risks](#)

A woman's risk for health conditions such as heart disease, osteoporosis and a range of genitourinary issues increase with the onset of menopause.

To support closing the menopause knowledge gap, the information provided points to leading evidence-based sources, such as The North American Menopause Society. The information provided is for general informational purposes only. It is not professional medical advice and is not intended to be a substitute

for professional medical advice, treatment or care. Always seek the advice of your healthcare provider to discuss questions related to your health.

Get the help you need by finding a doctor who understands menopause.

[Find a Physician - The Menopause Foundation of Canada](#)

The [North American Menopause Society \(NAMS\)](#) established a set of standards for healthcare providers to ensure quality care for women throughout all the stages of menopause, including perimenopause. While not all menopause specialists are NAMS certified, the NAMS list provides a good starting point to find a doctor who can help you.

[Supporting Your Partner Through Menopause](#)

Menopause can be lonely but it doesn't have to be! Having a partner who supports her can help a woman thrive in this stage of her life.

How can you become a menopause champion for your partner? Check out the five-point action plan below and start the conversation today!

[Before You Go to Your Health Care Practitioner](#)

Women want to feel healthy and to thrive in the prime of their lives. Untreated menopause symptoms can lead to poor quality of life and poor health outcomes. To have a successful conversation with your health care provider, follow our three-step plan below.

Recommended Websites



We encourage you to rely on trustworthy websites for information on menopause. Featured sites, such as Menopause and U (from the Society of Obstetricians and Gynaecologists of Canada) and the North American Menopause Society (NAMS), contain evidence-based information that can help you understand menopause and how to manage your health during this stage of life.

[The Canadian Menopause Society](#)

[International Menopause Society](#)

[The North American Menopause Society \(NAMS\)](#)

[Menopause and U \(The Society of Obstetricians and Gynaecologists of Canada\)](#)

[Gynaecology Quality Improvement Collaborative: Complete Guide to Menopause](#)

[MQ6 Menopause Management Tools](#)