



GANESH TEST TUBE BABY CENTRE

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PERIMENOPAUSE & MENOPAUSE WELLNESS GUIDE

Supporting Women's Health Beyond 40

This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.

Menopause is a natural phase of life – it is not a disease. It means your ovaries have completed their reproductive cycle. Perimenopause is the transition phase that starts years before periods stop. With the right care, this can be a time of renewed energy, strength, and self-care.

WHAT IS THE DIFFERENCE?

PERIMENOPAUSE	The 4–10 years before menopause. Periods become irregular. Hormones fluctuate. Most symptoms start here. Average age: 40–51 years.
MENOPAUSE	Confirmed when you have had NO period for 12 consecutive months. Average age in India: 47–51 years.
POST-MENOPAUSE	All years after menopause. Hormone levels are low and stable. Focus shifts to bone and heart health.

COMMON SYMPTOMS – YOU ARE NOT ALONE

- **Hot flashes** – sudden waves of heat, sweating, and flushing. Very common. Usually last 1–5 minutes.
- **Night sweats and sleep disturbance** – frequent waking, difficulty staying asleep.
- **Irregular periods** – may come early, late, heavier or lighter than usual.
- **Mood changes** – irritability, anxiety, low mood, brain fog. These are HORMONAL, not weakness.

- **Vaginal dryness** – reduced oestrogen causes discomfort during intimacy. Very treatable. Please discuss with your doctor – do not suffer silently.

- **Weight gain** – especially around the belly. Metabolism slows down.
- Joint pain and muscle stiffness – especially in the morning.

- **Urinary symptoms** – urgency, leakage, or frequent UTIs.

- **Skin and hair changes** – thinning hair, drier skin.

- **Memory and concentration issues** – 'brain fog' is real and temporary.

EXERCISE IS MEDICINE AT THIS STAGE

- **Weight-bearing exercises are the most important for bone density** – brisk walking, dancing, stair climbing, yoga. These literally prevent fractures in later life.

- **Strength training 3 times a week** – helps maintain muscle mass (which is lost due to declining hormones), controls weight, and reduces joint pain.

- **Yoga & Pilates** – excellent for balance, flexibility, reducing hot flashes, and mental wellbeing.

- **Pelvic floor exercises (Kegels)** – prevent and treat urinary leakage. Do 3 sets of 10 daily.

- Aim for 150 minutes of moderate exercise per week minimum.

- Regular exercise reduces hot flash frequency by up to 50% – this is proven.

DIET FOR PERIMENOPAUSE & MENOPAUSE

- **Phytoestrogens** – plant-based compounds that mimic oestrogen gently and reduce hot flashes. Rich sources: flaxseeds, soya milk, tofu, tempeh, sesame seeds, lentils, red clover.
- **Calcium 1200 mg daily is critical** – bone density declines rapidly after menopause. Milk, dahi, paneer, ragi, almonds, sesame seeds. Supplement if dietary intake is insufficient.
- **Vitamin D** – essential for calcium absorption and bone protection. Supplement 1000–2000 IU daily as advised. Sunlight 20 min/day.
- **Magnesium-rich foods** – helps sleep, muscle cramps, and mood. Nuts, seeds, dark chocolate, green leafy vegetables, banana.
- **Omega-3 fatty acids** – flaxseeds, walnuts, fatty fish. Protective for heart and brain.
- **Reduce refined sugar and white carbs** – these worsen hot flashes and promote belly weight gain.
- **Limit alcohol and caffeine** – both trigger hot flashes and worsen sleep and bone loss.
- **Soy products** – up to 1–2 servings daily (soya milk, tofu) are safe and beneficial. More than this is not recommended.
- **Increase fibre** – oats, legumes, vegetables, fruits. Prevents constipation (common at this age) and supports heart health.
- **Stay hydrated** – 8–10 glasses of water. Reduces hot flash intensity and urinary symptoms.

MEDICAL MANAGEMENT OPTIONS

- **Hormone Replacement Therapy (HRT)** – very effective for hot flashes, sleep, mood, vaginal dryness and bone protection. Modern HRT is safe for most women when used correctly. Discuss suitability with Dr. Sharma.
- **Non-hormonal options** – available for women who cannot take HRT. Effective medicines exist for hot flashes and mood.
- **Vaginal oestrogen (local)** – very safe cream or ring for vaginal dryness only. Does not enter the bloodstream significantly.
- **Bone density scan (DEXA)** – recommended at menopause. Repeat every 2 years.
- **Annual blood tests** – lipid profile (cholesterol), blood sugar, thyroid, Vitamin D, haemogram.
- **Mammogram** – recommended every 1–2 years after 40.
- **Pap smear** – cervical cancer screening every 3 years (or as advised).

EMOTIONAL & MENTAL WELLBEING

- **Acknowledge that this is a transition** – it is okay to feel mixed emotions. You are not 'just getting old' – you are entering a new and powerful chapter.
- Talk openly to your partner, family, and friends about what you are experiencing.
- Join a women's wellness group or online community for support.
- Mindfulness and meditation significantly reduce anxiety, hot flashes, and mood swings.
- **Journaling, creativity, travel, learning** – invest in yourself now more than ever.
- Do not dismiss symptoms as 'just menopause'. Many symptoms have excellent treatments. Advocate for yourself.

DO THIS

- ✓ Get DEXA bone scan done
- ✓ Exercise with weights
3x/week
- ✓ Eat calcium & Vitamin D rich
foods
- ✓ Discuss HRT with your
doctor
- ✓ Annual health check-ups
- ✓ Practice mindfulness daily
- ✓ Stay socially connected

AVOID THIS

- ✗ Ignore hot flashes and
symptoms
- ✗ Stop exercising due to joint
pain
- ✗ Self-medicate with herbal
products
- ✗ Avoid intimacy due to dryness
– get treated
- ✗ Skip mammogram and pap
smear
- ✗ Smoke or drink alcohol
- ✗ Neglect mental health
symptoms

💜 ***Menopause is not the end of anything. For millions of women, it is the beginning of the most confident, freest and wisest years of their life. Your doctor is here to help you navigate this transition comfortably. Please do not hesitate to ask.***



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Your health is our priority. Call us anytime with
your questions — no query is too small.



This guide is for informational purposes only and does not replace
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