

# MENOPAUSE

## *October is World Menopause Month!*

*Perimenopause, menopause, and postmenopause are normal stages of life for those who experience menstruation.*

**Perimenopause** is the period leading up to menopause; it may last a few months or several years.

**Menopause** occurs when your menstrual period has stopped and has not returned for 12 consecutive months; it can occur anytime between the mid 30's to mid 50's, but typically occurs between age 45 and 55.

**Postmenopause** includes every day after menopause occurs.

3 out of 4 women experience menopausal symptoms that interfere with their daily lives

Mood changes, anxiety, depression

Low energy

Sleep disturbances, insomnia

Hot flashes, night sweats

Joint and muscle aches or pain

Loss of muscle mass, bone mineral density

### COMMON SYMPTOMS

Bladder control issues, UTIs

Weight gain

Breast and skin changes

Memory issues, forgetfulness

Sexual problems, vaginal dryness

### STRATEGIES TO MANAGE SYMPTOMS?

**Get active:** Physical activity is important at all ages, but can help to reduce loss of bone mineral density and muscle mass as you enter perimenopause and menopause.

**Consider your mental well-being:** Perimenopause and menopause can bring changes in mood and memory. Try to reduce stress and take time to do things that you enjoy. Explore resources available to employees such as the Employee Assistance Program and MindBeacon.

**Consider treatment options:** Reach out to your healthcare professional to ask what will work for you.

**Consider your diet:** Review your dietary habits and make positive changes moving forward. Consider reaching out to a dietitian for your individual needs.



10% of women will stop working due to unmanaged symptoms of menopause



# RESOURCES

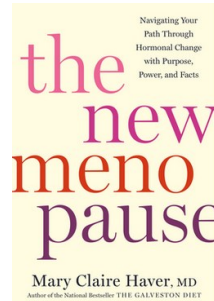
## THE MENOPAUSE MANIFESTO



DR. JEN GUNTER  
AUTHOR OF #1 NATIONAL BESTSELLER THE VAGINA BIBLE

1 in 100 women experience menopause before the age of 40, and 1 in 1000 women before the age of 30

*“The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond...Knowing what is happening, why, and what to do about it is both empowering and reassuring. Frank and funny, Dr. Jen debunks misogynistic attitudes and challenges the over-mystification of menopause”*



*“Menopause is inevitable, but suffering through it is not! This is the empowering approach to self-advocacy that pioneering women's health advocate Dr. Mary Claire Haver takes for women in the midst of hormonal change in The New Menopause. A comprehensive, authoritative book of science-backed information and lived experience, it covers every woman's needs”*

## ONLINE RESOURCES

PEI Interministerial Women's Secretariat brochure—[perimenopausemenopause\\_andyou\\_final.pdf](#) ([princeedwardisland.ca](#))

Menopause Foundation of Canada—[menopausefoundationcanada.ca](#)

PEI Department of Health and Wellness—[Home | Women and Gender Diverse People's Health Hub](#) ([princeedwardisland.ca](#))

Frequently asked questions—[Menopause Frequently Asked Questions | The North American Menopause Society, NAMS](#)

Society of Obstetricians and Gynecologists of Canada—[Menopause and U](#)

[What is Menopause | Canadian Menopause Society/Société Canadienne de Ménopause](#) ([sigmamenopause.com](#))

## PRESENTATIONS!

The HPEI Employee Wellness Team is hosting two presenters for World Menopause Month.

**For more information, visit:**

<https://src.healthpei.ca/health-pei-employee-wellness-team>

