

# The Menopause Clinic

Begin the Next Chapter with Confidence



**fernandez**

Built for Birthing

**Menopause is a natural part of every woman's life—a time when your menstrual cycles end, usually around the age of 52.**

Although this phase can bring changes and new challenges, with Fernandez Hospital's **Menopause Clinic**, you can navigate it comfortably and confidently.



## What is Menopause?

Menopause means your periods have stopped for 12 consecutive months. It marks the end of your reproductive years. Before this final stage, many women go through perimenopause, where periods become irregular and symptoms like hot flashes and mood changes may appear. Sometimes, medical treatments such as surgery, chemotherapy, or radiation can also trigger menopause.

## How Does Menopause Affect Women?



The effects of menopause vary widely, but the hormonal shifts can influence several aspects of a woman's health.

As your hormone levels change, you might experience a range of symptoms, including:

- **Hot Flashes:** Sudden warm sensations, often on the face and upper body.
- **Vaginal Dryness:** Leading to discomfort during intercourse.
- **Urinary Changes:** Such as frequent urination or a higher risk of infections.
- **Sleep Issues:** Trouble falling or staying asleep.
- **Mood Swings:** Feelings of anxiety, irritability, or even depression.
- **Bone Health:** Reduced oestrogen can lower bone density, increasing the risk of osteoporosis.

## Why Choose Us?

At **Fernandez's Menopause Clinic**, we offer comprehensive care to help you monitor changes and manage this phase of life effectively. Our bundle of investigations include:

- Haemogram
- HbA1C
- Lipid Profile
- Serum Creatinine
- Vitamin D
- TSH
- ECG

**Your doctor may ask you to consult a dietician or physiotherapist or undergo additional tests if necessary.**

## Finding What Works for You!

Every woman's experience is different. While some may need little to no treatment, others might find certain therapies helpful:

- **Lifestyle Changes:** Regular exercise, a balanced diet, and stress-relief techniques like yoga or meditation can reduce symptoms.

- **Non-Hormonal Options:** Some medications and dietary adjustments (like adding soy products) may help ease symptoms.
- **Hormone Therapy:** This treatment uses oestrogen alone or combined with progesterone to relieve symptoms. It's important to use hormone therapy only under medical supervision.

## When Should You Seek Help

If you notice any unusual bleeding after your periods have stopped, it's important to talk to your doctor. This could signal other health issues that need attention.



## A NEW CHAPTER IN YOUR LIFE



Menopause is just another phase, not a condition that needs to be "cured." With the right support, you can manage your symptoms and enjoy life to the fullest. If you're ready to take control of this transition, our Menopause Clinic is here to help.

## BOOK AN APPOINTMENT, CALL

 **1800 419 1397**

and start your journey towards  
a healthier, more confident you!