

Patients Educational Guidance

# Menopause: Signs, Support & Next Steps

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## Introduction

This guide provides general information about menopause to help you recognize symptoms and know when to seek care. It does not replace medical evaluation.

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## What to Know

- Menopause = 12 months without a menstrual cycle
- Most symptoms begin in the 40s–50s (perimenopause phase)
- Hormone decline (estrogen) affects sleep, mood, and metabolism

## Common signs & Symptoms

- Hot flashes/night sweats – sudden heat, sweating, flushing
- Irregular periods – cycles become unpredictable before stopping
- Sleep issues – trouble falling or staying asleep
- Mood changes – irritability, anxiety, or low mood
- Vaginal dryness – discomfort, especially with intimacy

## When to Pay Attention

- Symptoms interfering with daily life or sleep
- Bleeding after menopause (requires evaluation)
- New or worsening mood or anxiety symptoms
- Changes that feel unusual for your body

## Cultural Sensitivity In Care

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**Holistic Origin Her Wellness**  
Telehealth Services | NY, NJ, CT

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**Disclaimer:** This material is for educational purposes only and does not replace medical advice, diagnosis, or treatment.

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## Why This Matters

- Symptoms and risks can vary across populations
- Some women are diagnosed later or undertreated

## Key Considerations

- **African American / Black Women** – more frequent, severe hot flashes
- **Caribbean Women** – higher metabolic risks affecting symptoms
- **Latina / Hispanic Women** – increased risk of diabetes/metabolic syndrome
- **Asian Women** – may have milder symptoms but still need screening
- **Native American Women** – higher cardiovascular and metabolic risks

## Important Takeaway

- Your symptoms are valid—even if they differ from others
- Early care improves long-term health outcomes

## Simple Support & Prevention

- Balanced diet with calcium + vitamin D
- Regular movement (strength + cardio)
- Prioritize sleep and stress control
- Stay up to date with routine screenings

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## Closing

If you are experiencing any of these signs or symptoms, please reach out to **Holistic Origin Her Wellness** for a personalized consultation.

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