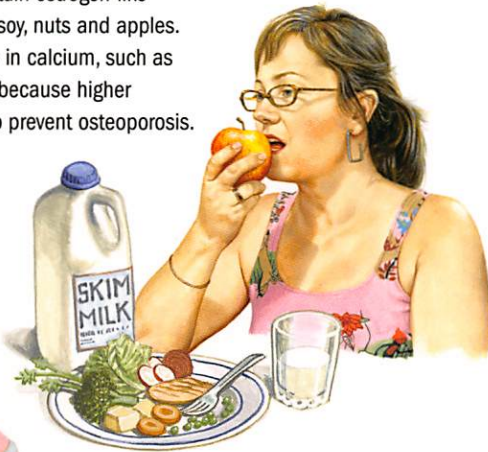




No special treatments are needed, because this process is natural. However some women with severe symptoms use HRT. Lubricants can help vaginal dryness.

Eat foods that contain estrogen-like nutrients, such as soy, nuts and apples. Also eat foods rich in calcium, such as milk and broccoli, because higher calcium levels help prevent osteoporosis.



Stop smoking and exercise to help manage symptoms of menopause.

## How Is Menopause Treated?

Treatment of mild symptoms with drugs is unnecessary.

The most effective treatment for severe symptoms is hormone replacement therapy (HRT). Women with a uterus need estrogen and progesterone. Estrogen relieves symptoms of menopause very well. Progesterone reduces the risk of developing uterine cancer while taking estrogen. Women without a uterus do not take progesterone. Because taking hormones may slightly increase the risk of developing breast cancer, HRT should be prescribed as needed for each woman and only at the lowest effective dose. Vaginal creams or lubricants may help dryness and pain during intercourse.

During menopause, metabolism slows down and muscle tends to turn into fat. It becomes more important to eat healthy, low-fat foods and to exercise. Exercise helps burn calories and keep up bone strength and muscle mass. Exercise also increases the body's metabolism for several hours, which helps weight loss.

## DOs and DON'Ts in Managing Menopause:

- ✓ **DO** follow a healthy diet. Eating and drinking products that contain chemicals called plant estrogens may help. Such foods include fennel, soy, nuts, whole grains, and apples.
- ✓ **DO** take care of your health. Exercise. Women who have gone through menopause may be more likely to develop certain diseases, including heart disease and osteoporosis.
- ✓ **DO** get regular checkups.
- ✓ **DO** tell your doctor if you don't feel well while using HRT. Estrogen sometimes has side effects.
- ✓ **DO** use simple exercises called Kegel exercises to improve bladder control if you have problems with it.
- ⊘ **DON'T** drink beverages containing caffeine.
- ⊘ **DON'T** drink alcohol in excess.
- ⊘ **DON'T** eat hot spicy foods.

### FROM THE DESK OF

### NOTES

### FOR MORE INFORMATION

#### Contact the following sources:

- National Women's Health Resource Center  
Tel: (877) 986-9472  
Web: [www.healthywomen.org](http://www.healthywomen.org)
- American College of Obstetricians and Gynecologists  
Tel: (202) 638-5577  
Web: [www.acog.org](http://www.acog.org)