

### **[Bone Health](#)**

For the days leading up to the dreaded takeover of the bone teardown crew, remember your 3 Bs... Build healthy Bones Before menopause. Help your bone-building squad by keeping them healthy. Work with them to create a good foundation that not even menopause can tear down!

[Healthy Bone Supplements](#)

[Bone Mineral Density Tests](#)

[Osteoporosis](#)

[Osteoarthritis](#)

### **[Breast Health](#)**

Do you need to be concerned with your breast health during menopause? Absolutely! The breast is responsive to a complex interplay of hormones. From adolescence through menopause, as hormones change, so does breast tissue. As estrogen and progesterone levels fluctuate, it's not unusual for breasts to become sore or lumpy and they sometimes form cysts.

[Breast Cancer](#)

[Mammograms](#)

### **[Diabetes](#)**

Over nine million women in the United States have diabetes. And three million of them don't even know they have it.

### **[Eye Concerns](#)**

Dry eyes and allergy eyes have similar symptoms – irritation, redness, a feeling that something is in your eye – and as a result are often confused. However, these two conditions have different causes and require different treatments in order to get relief.

[Save Your Vision Survey Results](#)

[Perimenopause and Dry Eye: For the Ophthalmologist](#)

### **[Headaches](#)**

Headaches can really hit you like a ton of bricks without any warning whatsoever. For as many as 50 million people in North America, severe headaches can be completely debilitating and greatly interferes with their quality of life. Common types of headaches include: tension-type, cluster and migraine. It's usually the migraine headache, however, that sends women off seeking help from their clinicians.

### **Heart Health**

The natural aging process and the loss of estrogen at menopause put women at higher risk for developing cardiovascular disease (CVD), which is the number one killer of women in the United States.

[Blood Pressure](#)

[Cholesterol](#)

### **Hot Flashes**

The well-known “hot flash” or “power surge” is one of the most common annoyances of menopause. Scientists have not exactly figured out the biology behind the symptoms of a hot flash yet but that does not mean you have to suffer relentlessly.

### **Hysterectomy**

A hysterectomy is the surgical removal of the uterus. The hysterectomy is the second most frequently performed operation in the United States (following the Cesarean Section). Most women who undergo a hysterectomy are between the ages of 35 and 54.

[Hysterectomy Primer](#)

[Hysterectomy Recovery](#)

### **Important Tests**

Are you one of those people who neglect “raising your hood” and continue driving your car as long as it runs well? Many of us practice this type of “reactionary maintenance”. We rush to a repair facility the first time we notice a change in the drive-ability of our cars. We complain when the problem takes more than a couple of hours and a few dollars to fix.

[Bone Mineral Density Test](#)

[Mammograms](#)

[Pap Tests](#)

### **Mentalpause**

In the past, menopausal research has primarily focused on the physiological and biological changes during a woman's life. However, clinical studies in menopause and neuropsychology have become more popular with fascinating results surfacing over the past few years.

[Managing Stress](#)

### **Nutrition & Menopause**

As we grow older, we face many challenges. Combating chronic diseases and other conditions

associated with aging are essential to a healthy life. Cardiovascular disease, hypertension, dyslipidemia, type 2 diabetes, being overweight or obese, osteoporosis, constipation, diverticular disease, iron deficiency anemia, oral disease, malnutrition, and some cancers are all associated with a poor diet. Likewise, menopausal symptoms can also be greatly affected by nutrition.

[Healthy Support with Soy](#)

### **[Overactive Bladder](#)**

We all need to powder our noses occasionally, but for women with a condition known as overactive bladder, all-too-frequent trips to the ladies' room are less about fixing their lipstick and more of a frustrating - and sometimes embarrassing - disruption of their daily activities.

### **[Sexual Health](#)**

Due to fluctuating hormones characterized by menopause, some women notice changes in libido (a higher or lower than usual sex drive). However, it is a common myth that all women experience a decreased sex drive and decline in sexual activity at menopause. The results of gynecological and psychological studies report 50 percent of menopausal women report no decline in sexual desire.

[Oops... Contraception](#)

[Vestibulodynia](#)

[Life Between the Sheets](#)

### **[Sleep](#)**

It's 11:00pm on a hot July night. Your day has been a particularly busy one including activities like working all day, walking the dog and an hour step-aerobics class. You watch exactly one episode of Sex in the City and read the latest issue of Vanity Fair. Now, you're totally fatigued. Your bed looks cozy with light, sweat-proof sheets. With all the things that have happened throughout the day, getting a good night's sleep doesn't seem a lot to ask for, but sometimes sleep can be a problem during the menopause transition.

### **Symptom Questionnaire**

Menopause is a natural part of every woman's life but the journey is unique for each. You may have questions and concerns about what to expect from the transition and how menopause will affect your health and life. It's important to have a thorough discussion about these topics with your doctor. Create your own Discussion Guide: The following list of [Questions for Your Doctor](#) can be customized and printed out for your next doctor's appointment.

Sponsored Resource

### Thyroid

Each day, thousands of middle aged women visit their doctors with complaints of infrequent periods, weight gain and fatigue. In most cases, these women are diagnosed with symptoms of menopause and sent home with information about lifestyle modifications and treatment options to alleviate the symptoms. However, what many of these women don't know is they could be suffering from thyroid disease.

### Vaginal Dryness

Vaginal dryness is a common problem that affects many women of all ages and can be caused by a number of conditions. Many women notice vaginal dryness during the perimenopause through postmenopause years. The most common reason women have vaginal dryness is due to a decrease in estrogen levels. Unlike hot flashes, which may get better over time, the progressive loss of estrogen through the menopause transition unfortunately tends to cause increasing problems with vaginal atrophy.

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