

Thriving Through Menopause: A Guide for Women of Color

Embrace your menopause journey with confidence and vigor! This dynamic guide celebrates the unique experiences of women of color, offering energizing practical tips, powerful treatment options, and uplifting perspectives. Transform this natural transition into a vibrant opportunity for self-discovery, renewed energy, and a colorful new chapter in your life's journey!



by Patrice Rolle

Embrace the Shift, Not the Shame

Let's flip the script on menopause. It's not the end—it's a sacred pivot. A rebirth. A bold invitation to listen to your body as it gently (or loudly) says: *I'm changing—pay attention.*

For many women of color, this transition is not just hormonal. It's layered—culturally, emotionally, and medically. We often experience:

- Earlier onset
- Longer-lasting and more intense symptoms
- Fewer treatment options
- Less support from healthcare providers

This isn't just inconvenient—it's an inequality. But knowledge is power, sis. And power? You've got in abundance.



What You're Feeling Is Real

Hot flashes that make you want to rip your clothes off in church. A mood swing so wild you scare your own self. Brain fog so thick you forget where you put your phone... which is in your hand.

These aren't made-up. They're **real symptoms** that deserve **real solutions**.

Studies like the *SWAN Study (2022)* confirm that Black and Latina women report **more frequent vasomotor symptoms, worse sleep, and higher levels of distress**—yet are **less likely to be offered hormone therapy** or compassionate care.

Hot Flashes

More frequent and intense in women of color

Sleep Disruption

Reported at higher rates with greater impact on daily functioning

Emotional Distress

Higher levels yet less likely to receive appropriate support



Modern Menopausal Hormone Therapy (MHRT)

Often misunderstood due to outdated fears from early studies, MHRT today is **safer, lower-dose, and highly effective** when started within 10 years of menopause onset or before age 60.

- Regulated, FDA-approved
- Includes estradiol and micronized progesterone
- Helps with hot flashes, brain fog, sleep, bone health, and more



Best For

Those who want structured, medical hormone support



Caution

Requires doctor supervision



Timing

Most effective when started early in menopause transition



“Menopause Awareness”

Bioidentical Hormone Replacement Therapy (BHRT)

These hormones are chemically identical to the ones your body produces.

- Available as **FDA-approved** or **compounded** (customized)
- Often used in creams, pellets, lozenges, or capsules

Benefits

Many women report better symptom relief with "natural-feeling" results

Can be customized to individual hormone profiles

Available in various application methods to suit preferences

Considerations

Compounded BHRT isn't FDA-regulated and may vary in dose and safety

Requires working with a menopause-literate provider

Important to weigh personal risks and benefits



Non-Hormonal Options

Not ready for hormones? Can't take them? You've still got powerful tools:

- 1 Fezolinetant (Veoza)**
A game-changing NK3 receptor blocker for hot flashes—FDA-approved in 2023
- 2 SSRIs/SNRIs**
Medications like paroxetine help with hot flashes and mood regulation
- 3 Gabapentin or Clonidine**
Useful for managing night sweats and improving sleep quality
- 4 Cognitive Behavioral Therapy**
Proven to reduce anxiety, insomnia, and emotional fluctuations

Lifestyle Approaches

Nutrition & Movement: Think leafy greens, hydration, strength training, and walks in the sun



Herbal & Holistic: Black cohosh, red clover, acupuncture (always consult your doctor first)



There's No One Way to Menopause

Every woman's journey is a patchwork of biology, culture, and life story. Whether you're in your 30s and noticing weird shifts or in your 50s wondering if you're done—**you deserve clarity and care.**

So track your symptoms. Ask questions. Demand better. And if your doctor doesn't listen? Find one who will. (P.S. Menolux can help.)

Recognize Your Unique Experience

Acknowledge that your menopause journey may differ from others based on your cultural background, genetics, and lifestyle.

Track Your Symptoms

Document changes in your body to identify patterns and provide concrete information to healthcare providers.

Advocate For Yourself

Seek providers who understand the unique needs of women of color during menopause and aren't afraid to discuss all treatment options.



Your Midlife Is Magic

This isn't a breakdown. It's your *becoming*.

You're not fading—you're evolving. And like any good rebirth, it comes with heat, change, and transformation.

So breathe. Laugh. Sweat. Rest. And remember: you were built for this.

Menopause isn't the end of your womanhood—it's the beginning of a new chapter where wisdom meets power.



Where to Begin



Track Your Journey

Download the [Menolux Menopause Symptom Tracker](#) to identify patterns and changes



Get Personal Support

Book a discovery call for personalized coaching through your menopause transition



Educate Yourself

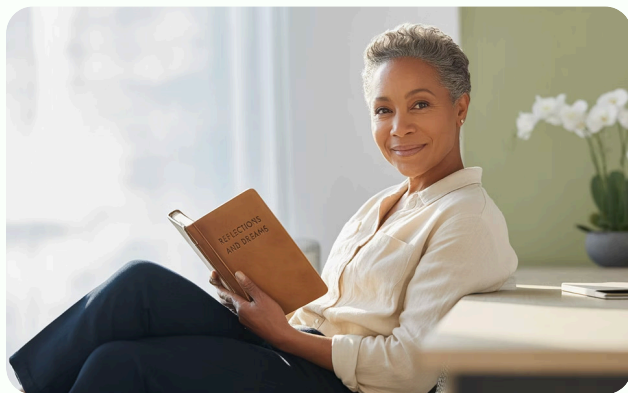
Learn about BHRT and MHRT options through your healthcare provider



Build Community

Share this information with your tribe—sisterhood saves lives

Taking the first step toward managing your menopause journey can feel overwhelming, but you don't have to do it alone. These resources provide starting points for education, support, and community.



Track your symptoms to take control of your menopause journey



Personal guidance helps navigate your unique transition



Find strength in community and shared experiences

References & Citings

- SWAN Study: <https://www.swanstudy.org>
- Thurston RC et al. *Obstet Gynecol.* 2021;137(3):445 - 453.
- NAMS Position Statement 2022. <https://www.menopause.org>
- FDA Approval of Fezolinetant: <https://www.fda.gov>
- ACOG Practice Bulletin. Management of Menopausal Symptoms. 2022.
- National Institute on Aging. Menopause basics. <https://www.nia.nih.gov>

This guide is based on the latest scientific research and medical guidelines. The information provided is intended for educational purposes and should be discussed with your healthcare provider before making treatment decisions.

All recommendations align with current best practices from leading medical organizations including the North American Menopause Society (NAMS) and the American College of Obstetricians and Gynecologists (ACOG).

