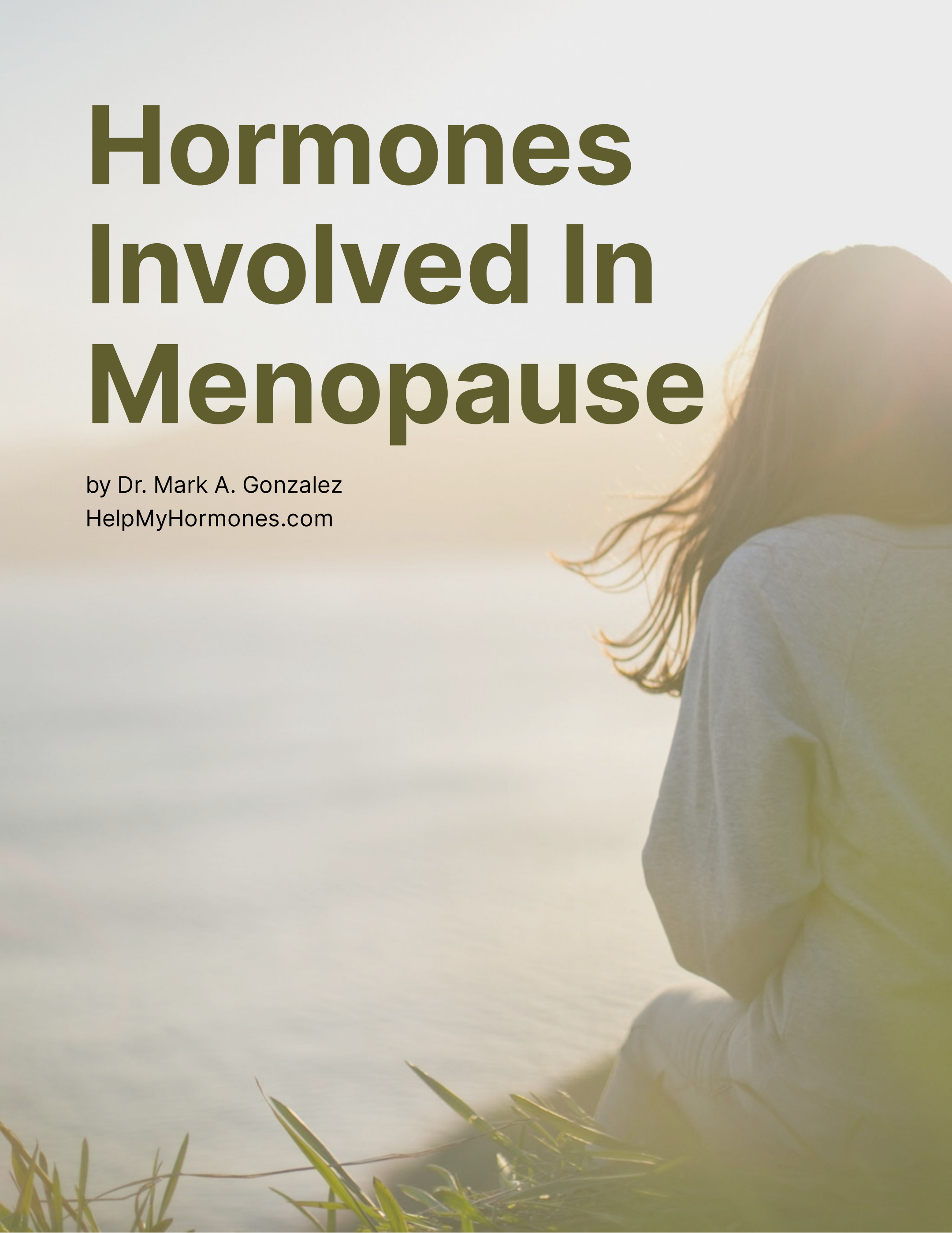


# Hormones Involved In Menopause

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# How is Menopause Defined?

Menopause is defined as the permanent end of menstruation and fertility. It is a natural part of aging and marks the end of a woman's reproductive years. Menopause is diagnosed after a woman has gone 12 consecutive months without a menstrual period. This usually occurs between the ages of 45 and 55. It is also known as the "change of life" and can be a difficult time for many women.

Menopause is caused by a decrease in the production of the hormones estrogen and progesterone by the ovaries. This decrease in hormones can cause a variety of physical and emotional symptoms. The most common symptoms include hot flashes, night sweats, vaginal dryness, and mood swings. Other symptoms can include fatigue, insomnia, weight gain, and decreased libido. Menopause can also increase the risk of certain health conditions such as osteoporosis and heart disease. Treatment for menopause symptoms can include hormone replacement therapy, lifestyle changes, and medications.



# What are common symptoms associated with menopause?

Menopause is a natural process that marks the end of a woman's reproductive years. It is a time of transition that can bring physical, emotional, and psychological changes. Common symptoms associated with menopause include hot flashes, night sweats, vaginal dryness, sleep disturbances, mood swings, and decreased libido.

Hot flashes are one of the most common symptoms of menopause. They are sudden feelings of warmth that usually start in the face or chest and spread throughout the body. Hot flashes can be accompanied by flushing, sweating, and sometimes a rapid heartbeat. Night sweats are similar to hot flashes, but they occur during sleep. They can cause a woman to wake up drenched in sweat and feeling very uncomfortable. Vaginal dryness is another common symptom of menopause and can lead to painful intercourse. Sleep disturbances, such as difficulty falling asleep or staying asleep, are also common during menopause. Many women also experience mood swings, which can range from feelings of irritability, sadness, or anxiety to feelings of joy and elation. Finally, decreased libido is a common symptom of menopause and can lead to a lack of interest in sex.



# Which hormones are most affected by menopause?

The hormones most affected by menopause are estrogen and progesterone. Estrogen is the primary female hormone, and it helps regulate the reproductive cycle, as well as other processes in the body such as bone health and metabolism. During menopause, the ovaries produce significantly less estrogen, leading to a wide range of symptoms such as hot flashes, night sweats, and vaginal dryness. Progesterone is the other major hormone affected by menopause. This hormone is produced by the ovaries and helps regulate the menstrual cycle. During menopause, the ovaries produce significantly less progesterone, resulting in irregular periods and an increased risk of uterine cancer. Additionally, lower levels of progesterone can cause mood swings and depression. Both estrogen and progesterone levels decrease significantly during menopause, leading to a variety of physical and emotional symptoms.



Testosterone levels in women decline during menopause, resulting in a decrease of sex drive, fatigue, and other symptoms. Testosterone levels can be tested to determine if a woman is in menopause. Low levels of testosterone are associated with a decrease in energy, libido, and muscle strength. Testosterone replacement therapy is available for women who are experiencing a decrease in testosterone levels due to menopause.

Thyroid levels can also be affected by menopause. As women age, their bodies produce less of the hormones that regulate metabolism. This can result in symptoms such as weight gain, fatigue, and depression. Thyroid hormone replacement therapy can help to restore normal hormone levels and help to reduce symptoms associated with menopause.

Cortisol levels also tend to increase during menopause. This can lead to symptoms such as anxiety, insomnia, and hot flashes. Cortisol levels can be tested to determine if a woman is in menopause. Cortisol replacement therapy is available for women who are experiencing a decrease in cortisol levels due to menopause.

# How can HelpMyHormones.com help me through my journey?

HelpMyHormones.com can provide an invaluable resource to patients suffering with menopause. Through the website, patients can access a wealth of educational material about menopause and its symptoms, as well as information about hormone testing and patient consultations. This allows patients to become more informed about their condition and the available treatments, enabling them to make more informed decisions about their health.

The website also offers a range of hormone testing services, which can help to identify any underlying hormonal imbalances that may be contributing to menopause symptoms. In addition, the website offers patient consultations with experienced healthcare professionals, who can provide personalized advice and guidance on how to manage menopause symptoms. By providing this comprehensive service, HelpMyHormones.com can help to ensure that patients suffering with menopause receive the best care and support.

Here are a few basic steps that can help patients suffering through menopause through their journey to feeling themselves again:

1. Educate yourself regarding your symptoms and what imbalances you may have by taking our 2 hour online course on "7 Steps To Hormone Balance". Use coupon code "hormonehelp" to get 20% off the \$44.99 course price. An educated patient is an empowered patient. [Click Here](#) for additional information and to sign up today.
2. Strongly consider testing your hormone levels using salivary testing with us or serum testing with your physician to identify which hormones may require supplementation. For more info on Saliva Testing visit [HelpMyHormones.com](http://HelpMyHormones.com)
3. Meet with a specialist to discuss the right options for you. If you are interested in Bio-Identical "Natural" Hormone Replacement contact us at [help@helpmyhormones.com](mailto:help@helpmyhormones.com) to find a practitioner that can help you.





**The greater the obstacle, the more glory in  
overcoming it.**

Moliere



# Contact Us

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