

8 MENOPAUSE FACTS



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YOU CAN GET HELP FROM US FOR:

- Muscle and joint pain relief
- Osteoporosis education and preventive exercises
- Reversal of muscle loss
- Urinary incontinence with [Pelvic Floor Physio](#)
- Guidance on questions to ask your doctor

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WHAT'S HAPPENING TO ME?

Menopause is a thief. It steals our normal estrogen (estradiol) levels over the course of 5-10 years. This causes: weight gain, hot flashes, joint/muscle pain, incontinence, NFLM*, fatigue, overwhelm, brain fog, anxiety and low mood! -- That's a huge load!

*NFLM (Not Feeling Like Myself)

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WHY DO I FEEL YUCKY?

- Estrogen is an essential hormone for reproduction, but is also anti-inflammatory with receptors in your muscles, tendons, ligaments
- Low estradiol causes stiffness and joint/muscle pains ...you are not imagining this!
- Frozen shoulder & osteoporosis risks go up

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WEIRD SYMPTOMS...

Because of the odd, seemingly unconnected symptoms, most women see their doctor for each problem separately and are often given medication that isn't getting to the root cause.

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SO FRUSTRATING...

If our doctors don't link these symptoms under the menopause umbrella then we end up frustrated and often feeling worse.

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ATROPHY & BONE LOSS

Our muscles start to atrophy as we hit perimenopause (those "fun" years before the hormones drop to a steady state)

Bone will be less dense if we do not stimulate it with muscle strengthening exercises

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LINKS

- [Hormone replacement](#) podcast and great explanation of menopause (Spotify)
- [HRT risks/benefits](#) to discuss with your MD
- [Pain and menopause: Physio works!](#)

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ASK YOUR DOCTOR ABOUT

- Estrogen gels, patches or vaginal inserts
- Progesterone therapy
- A hormone profile
- A referral to an OB/GYN who has expertise with menopause