**NAVIGATING MENOPAUSE**

**Do you have mild symptoms such as occasional hot flashes?**

**YES**

- **Try these tips**
  - Dress in layers
  - Eat a healthy diet
  - Sleep with a fan
  - Exercise regularly

**Avoid these triggers of hot flashes**

- Spicy food
- Hot beverages
- Overheating
- Alcohol

**Do you have symptoms that interfere with your daily life?**

**YES**

- **Ask your VA primary care provider about medications and other treatments**

*Your VA primary care provider can help with a personalized holistic plan including prescription medications such as hormone therapy, mental health care, and whole health classes like yoga and tai chi.*

**DID YOU KNOW?**

- Menopause is a normal part of aging where the ovaries stop producing estrogen.
- Perimenopausal symptoms may begin around age 45 and include hot flashes, night sweats, mood swings, and vaginal dryness.
- Menopause occurs around age 51 when menstrual periods have stopped for a year.