



Menopausal Counseling

Menopause is defined as when the ovaries no longer continue to produce estrogen. A woman who has not had a naturally occurring period for one full year would be considered menopausal. The average woman will go through menopause at 51 years of age, and may exhibit symptoms such as hot flashes, night sweats, trouble sleeping, as well as vaginal and urinary tract changes.

Click on the links below to find out more.

The Menopause Years- <https://www.acog.org/~media/For%20Patients/faq047.pdf?dmc=1>

Osteoporosis - <https://www.acog.org/Patients/FAQs/Osteoporosis>

Perimenopausal Bleeding and Bleeding After Menopause -
<https://www.acog.org/Patients/FAQs/Perimenopausal-Bleeding-and-Bleeding-After-Menopause>