

# MENOPAUSE

## A whole-body experience



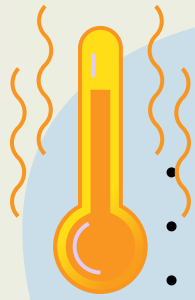
- Brain fog (forgetfulness, trouble concentrating)
- Mood swings, anxiety, and depression



- Palpitations
- Changes in cholesterol and blood pressure



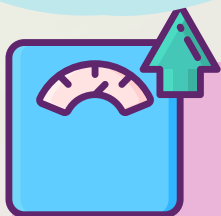
- Joint pain and stiffness
- Fatigue and muscle aches
- Bone density loss



- Hot flashes
- Night sweats
- Fluctuating body temperature



- Vaginal dryness
- painful intercourse
- urinary urgency/UTIs
- loss of libido



Gaining weight, particularly around the belly

Menopause impacts every part of you, not just your hormones. Knowing the full picture helps you care for your whole self.