

*chapter*

# 1

## Do You Know This About Menopause?

- The average woman will spend one-third or more of her life in menopause.
- Menopause is new, but hormone therapy is not.
- Before 1900, most women did not live long enough to experience menopause.
- The ancients drank the urine of the young and virile men and women (hormones)—to capture the essence of their vigor and virility.
- Menopausal women in the 1800s ingested the extracts of ground up animal ovarian tissue.
- There has been significant progress made and new knowledge gained about menopause in just the last two years, all of which is relevant to your menopause management.
- Most women—even doctors—are confused by the changing data on hormone use.
- Bioidentical hormones were first isolated by chemists in 1928; they became available for general use in the 1960s.

- Bioidentical hormones are available both as compounded and pharmaceutical preparations.
- Hot flashes and night sweats are common symptoms, but the most common menopause complaints are fatigue and body aches.
- Hot flashes and night sweats last for 4–5 years for most menopausal women; for at least 10% of women, they will last for the rest of their lives.
- Weight gain, mood swings and decreased sexual desire are also common complaints at perimenopause and menopause, and there are effective ways to alleviate them.
- Weight gain is the number one complaint of women in my office practice; decreased sexual desire is the second.
- Beauty may be only skin deep. Did you know that decreased hormone levels dramatically reduce skin thickness, leading to skin dryness, wrinkling, and the rapid appearance of aging?
- Did the famous hormone study of 2002 (WHI—Women’s Health Initiative) show that estrogen causes breast cancer after all? Recent analyses of this data, and additional new studies, show that estrogen use may actually prevent breast cancer for many younger postmenopausal women in at least the first five years of use.
- If you are on hormonal therapy and decide to go off, it may be risky to just abruptly stop.
- Natural doesn’t necessarily mean safe. There are many natural therapies, including herbal therapies, which are safe and very useful for menopause symptoms. Some are not useful, and some may even be contaminated and/or harmful. This book will help you with these issues.
- ConsumerLab.com is a highly respected and reliable source to check on the purity of your herbal supplements.
- There are safe and effective herbs and natural substances that can help your hot flashes, night sweats, fatigue, sleep disturbance and sexual desire.
- Most medical schools and reputable OB/GYN residencies provide very little teaching and experience on menopause.

Do these facts surprise you? Read on to learn the real and current facts about menopause, and how they can affect your real options and successes for therapies.