

Menopause Treatment Options at a Glance™

There is no single best approach for everyone. The right option depends on your symptoms, health history, goals and preferences.



Begin With the Symptom

Choose the symptom affecting you most. Different concerns may need different treatments.



1 SYSTEMIC HORMONE THERAPY

May help with: Hot flashes, night sweats and related sleep disruption. It also helps prevent bone loss while it is being used.

Discuss: Your age, menopause timing, uterus status, health history, route, dose and follow-up.



2 LOCAL VAGINAL HORMONE THERAPY

May help with: Vaginal dryness, discomfort, painful sex and some urinary symptoms.

Discuss: Whether local treatment is appropriate, how to use it and when to review symptoms.



3 NONHORMONAL PRESCRIPTION OPTIONS

May help with: Hot flashes, night sweats, sleep or mood symptoms, depending on the medication.

Discuss: Expected benefit, side effects, medication interactions and whether the option fits your health history.



4 BEHAVIORAL & SUPPORTIVE THERAPIES

May help with: Symptom coping, sleep and hot-flash distress. Options may include menopause-specific cognitive behavioral therapy or clinical hypnosis.

Discuss: Availability, cost and whether the approach matches the symptom you want to address.



5 EVERYDAY SUPPORTIVE STRATEGIES

May help with: Comfort, sleep, stress recovery and long-term health. Examples include cooling strategies, movement, sleep routines and limiting personal triggers.

Discuss: Which changes are realistic and how long to try them before reassessing.



Questions That Help Narrow the Options

- ☐ What symptom am I treating?
- ☐ How much is it affecting daily life?
- ☐ What are my personal risks or contraindications?
- ☐ Do I prefer hormonal or nonhormonal options?
- ☐ What side effects or tradeoffs matter to me?
- ☐ When will we review whether it is helping?



About Supplements

Natural does not automatically mean safe or effective. Ask about evidence, quality, interactions and whether a product is appropriate for you.



Gentle Reminder

Treatment can be adjusted. If an option is not helping or causes unwanted effects, speak with your healthcare provider rather than stopping or changing it on your own.



Martine's Midlife Wellness Tip
Start with your most disruptive symptom. A focused conversation is often more useful than trying to solve everything at once.

