



THE POSTMENOPAUSE

Survival Toolkit™



Your practical companion for
building strength, protecting your health,
and thriving in the years beyond menopause.



MCWellnessHub.com

WELCOME

To Your Postmenopause Years

Hi friend,

Reaching postmenopause can feel like arriving somewhere without a map. The monthly cycles may be behind you, but your body is still changing, and the questions do not suddenly disappear.

You may be thinking more about your bones, your heart, your strength, your sleep, or why your waistline seems to have developed plans of its own. Some symptoms settle. Others linger or show up in new ways.

This stage deserves more than a quick “That’s just aging.”

Postmenopause is a time to look forward with greater clarity. The choices you make now can support your strength, mobility, energy, and confidence for many years to come. Small, steady steps matter far more than trying to overhaul everything at once.

This toolkit will help you understand your changing health priorities, prepare for conversations with your healthcare providers, and create a practical wellness plan that fits your life.

Use it as a companion, not another list of things you are supposed to do perfectly. Start where you are, choose what feels manageable, and build from there.



Wishing you health and happiness,

Martine

Holistic Perimenopause & Menopause Coach
FMACC, IHP2, HPH, CNP



Your Next Chapter

You have experience, wisdom, and a clearer sense of what matters.

Care for the woman you are now while protecting the life you want to keep living.

Strong. Informed. Still becoming.



A Quick Note

This toolkit is for educational and informational purposes only and is not intended to replace medical advice. Always consult your healthcare provider for personalized guidance.

WHAT POSTMENOPAUSE REALLY MEANS

A New Stage, Not an Ending



REPRODUCTIVE
YEARS



PERIMENOPAUSE



MENOPAUSE



POSTMENOPAUSE

Menopause is confirmed after 12 consecutive months without a menstrual period, when there is no other medical explanation.

Postmenopause begins the day after that 12 month milestone and continues for the rest of your life.

What May Change

- ✓ Estrogen and progesterone remain at lower levels.
- ✓ Hot flashes, sleep changes, or mood shifts may improve, linger, or change.
- ✓ Vaginal dryness and urinary symptoms may become more noticeable.
- ✓ Changes in body composition, skin, hair, joints, and energy can continue.

What Matters Now

- ✓ Protecting bone density and muscle strength
- ✓ Supporting heart and metabolic health
- ✓ Prioritizing protein, fiber, movement, sleep, and recovery
- ✓ Keeping up with preventive screenings and routine care
- ✓ Discussing persistent or new symptoms with your healthcare provider



An Important Note

Bleeding or spotting after menopause is not considered a normal part of postmenopause. Contact your healthcare provider promptly so the cause can be evaluated.



Midlife Wellness Tip

Postmenopause is not one fixed experience. Your needs can change with time, so revisit your health priorities regularly.

YOUR POSTMENOPAUSE HEALTH PRIORITIES

Caring for the Whole You

After menopause, your health priorities begin to shift. Lower estrogen levels can influence several systems at once, making prevention, strength, and everyday habits increasingly important.

You do not need to tackle everything today. Use this page as a roadmap for the years ahead.



1. BONES & MUSCLES

Support bone density, muscle mass, balance, strength, and mobility.



2. HEART & CIRCULATION

Keep an eye on blood pressure, cholesterol, movement, and other cardiovascular risk factors.



3. METABOLISM & BLOOD SUGAR

Prioritize steady energy, insulin sensitivity, nourishing meals, and a sustainable waistline.



4. BRAIN, MOOD & SLEEP

Protect cognitive health while supporting emotional well-being, restorative sleep, and stress recovery.



5. VAGINAL, BLADDER & SEXUAL HEALTH

Speak up about dryness, discomfort, urinary changes, libido, or intimacy concerns.



6. SCREENINGS & PREVENTIVE CARE

Stay current with recommended screenings, routine visits, dental care, eye care, and vaccinations.

Where Should You Begin?

Start with the priority that feels most relevant to your life right now. A small action you can repeat will usually serve you better than a perfect plan you cannot maintain.



What has changed?



What needs attention?



What feels manageable?



Midlife Wellness Tip

Bring this roadmap to your next healthcare visit and circle the areas you want to discuss.



YOUR POSTMENOPAUSE SYMPTOM CHECK-IN

Notice What Your Body Is Telling You

Symptoms may improve, linger, change, or appear for the first time after menopause. Use this check-in to notice patterns and prepare for a more useful conversation with your healthcare provider.

Check the box that best describes your experience over the past four weeks.

NOT AN ISSUE SOMETIMES OFTEN



TEMPERATURE, SLEEP & ENERGY

Hot flashes or night sweats	☐	☐	☐
Trouble falling asleep or staying asleep	☐	☐	☐
Waking unrefreshed or feeling unusually tired	☐	☐	☐
Changes in stamina or daily energy	☐	☐	☐



BRAIN, MOOD & STRESS

Brain fog, forgetfulness, or trouble concentrating	☐	☐	☐
Feeling anxious, irritable, low, or emotionally flat	☐	☐	☐
Feeling overwhelmed more easily	☐	☐	☐
Headaches or increased sensitivity to stress	☐	☐	☐



BODY, METABOLISM & MOVEMENT

Changes in weight or waistline	☐	☐	☐
Joint aches, stiffness, or reduced mobility	☐	☐	☐
Loss of strength or muscle tone	☐	☐	☐
Heart palpitations or changes in exercise tolerance	☐	☐	☐



VAGINAL, BLADDER & SEXUAL HEALTH

Vaginal dryness, burning, or irritation	☐	☐	☐
Discomfort during sex or changes in libido	☐	☐	☐
Urinary urgency, leaking, or frequent urination	☐	☐	☐
Recurring urinary tract or vaginal symptoms	☐	☐	☐

Something Else I've Noticed

Worth Discussing

Bring up symptoms that are new, persistent, severe, worsening, or interfering with daily life. Symptoms can have causes unrelated to menopause, so avoid assuming hormones are always responsible.



Any bleeding or spotting after menopause should be evaluated promptly by your healthcare provider.



Midlife Wellness Tip

Repeat this check-in every few months. Patterns are often easier to spot when you can compare how you felt over time.



STRONG BONES FOR THE YEARS AHEAD

Build Strength. Protect Mobility. Stay Independent.

Bone loss can accelerate during the menopause transition and continue after menopause. Because osteoporosis often develops quietly, protecting your bones involves both everyday habits and appropriate screening.

Strong bones support the life you want to keep living.



YOUR BONE-BUILDING FOUNDATION



1. LOAD YOUR BONES

Include resistance training and weight-bearing movement such as walking, stair climbing, or dancing. Progress gradually and choose activities appropriate for your health and fracture risk.



2. EAT ENOUGH PROTEIN

Include a protein source at each meal to support the muscle that helps protect your bones and reduce fall risk.



3. MEET YOUR CALCIUM NEEDS

Prioritize calcium-rich foods such as dairy, fortified alternatives, canned fish with bones, tofu, and leafy greens. Ask before adding a high-dose supplement.



4. CHECK VITAMIN D

Vitamin D supports calcium absorption and bone health. Your healthcare provider can help determine whether testing or supplementation is appropriate.



5. TRAIN BALANCE & POSTURE

Balance, mobility, and posture exercises can help support stability and reduce fall risk.

KNOW YOUR NUMBERS



A DEXA scan measures bone mineral density, usually at the hip and spine. Screening is generally recommended for women age 65 and older, and earlier for some women with risk factors.

Your result is reported as a T-score. Ask what your result means, when to repeat the scan, and whether treatment should be considered.

DISCUSS EARLIER SCREENING IF YOU HAVE

- ☐ A previous fragility fracture
- ☐ A low body weight or significant height loss
- ☐ A family history of hip fracture or osteoporosis
- ☐ Long-term use of certain medications, including corticosteroids
- ☐ A condition that can affect bone health or nutrient absorption
- ☐ Early menopause or surgical removal of the ovaries



Nutrition, exercise, and supplements support bone health, but they do not replace medical evaluation or osteoporosis treatment when it is needed.

Your Bone Health Check

- ☐ Ask whether I need a DEXA scan
- ☐ Review calcium, vitamin D, and protein
- ☐ Choose two weekly strength sessions



PROTECTING MUSCLE, STRENGTH & MOBILITY

Stay Capable for the Life You Love

Muscle mass and strength naturally decline with age, and the changes can become more noticeable after menopause. Maintaining muscle supports metabolism, balance, bone health, joint function, and the everyday tasks that keep you independent.

Strength is about what your body can do.



THE FOUR PARTS OF FUNCTIONAL STRENGTH

1. STRENGTH

Train the major muscle groups with weights, resistance bands, machines, or body-weight movements. Begin at an appropriate level and progress gradually.



2. MOBILITY

Move your joints through a comfortable range with controlled stretches and mobility exercises for the hips, shoulders, spine, and ankles.



3. BALANCE

Practice balance near a stable support. Simple options include tandem standing, heel-to-toe walking, or standing on one leg when appropriate.



4. POWER

Moving safely with a little more speed can help with stairs, rising from a chair, and preventing a stumble from becoming a fall. Seek guidance if you are unsure where to begin.



A REALISTIC WEEKLY RHYTHM

STRENGTH
2 or more days



WALKING OR CARDIO
Most days, as tolerated



MOBILITY
A few minutes most days



BALANCE
3 or more days



Your starting point may look different. *Consistency matters more than intensity.*

PAIR MOVEMENT WITH PROTEIN

Protein provides the building blocks your muscles need. Include a meaningful protein source at each meal and spread it across the day.

Protein needs vary with body size, activity, health conditions, and kidney function. Ask your healthcare provider or qualified nutrition professional what is appropriate for you.



NOTICE YOUR EVERYDAY FUNCTION

- ☐ Rising from a chair
- ☐ Climbing stairs
- ☐ Carrying groceries
- ☐ Getting up from the floor
- ☐ Walking with confidence

If any task is becoming harder, consider discussing it with your healthcare provider or physical therapist.



If you have osteoporosis, a recent injury, significant pain, dizziness, or balance concerns, ask for individualized exercise guidance.

Midlife Wellness Tip

Track one functional win, such as an easier flight of stairs or carrying a heavier grocery bag. Progress is not measured only by the scale.

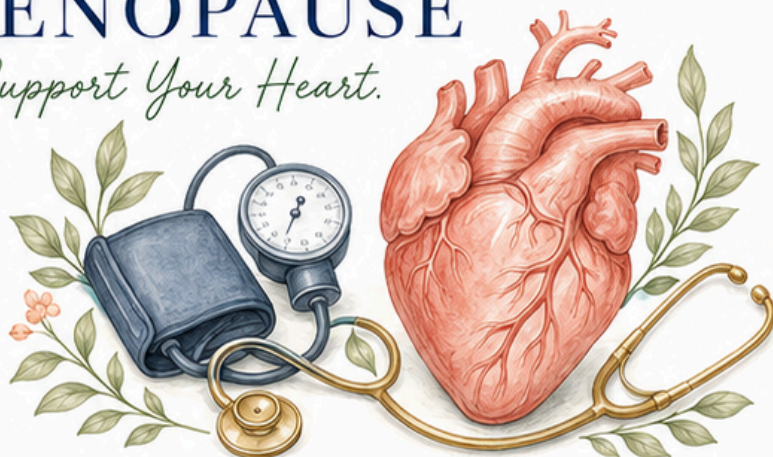


CARING FOR YOUR HEART AFTER MENOPAUSE

Know Your Risk. Support Your Heart.

Menopause does not directly cause cardiovascular disease, but heart and stroke risk increases with age and often rises around the menopause transition. Changes in cholesterol, blood pressure, blood sugar, body composition, sleep, and activity can all play a role.

Prevention begins with knowing your personal risk.



KNOW YOUR NUMBERS



Blood pressure: _____



Total cholesterol: _____



LDL cholesterol: _____



HDL cholesterol: _____



Triglycerides: _____



Fasting glucose or A1c: _____

Ask your healthcare provider what your results mean together, not only one number at a time.

KNOW YOUR HISTORY

- ☐ High blood pressure
- ☐ High cholesterol
- ☐ Prediabetes or diabetes
- ☐ Smoking or tobacco exposure
- ☐ Family history of early heart disease or stroke
- ☐ Early menopause before age 45
- ☐ Pregnancy complications such as preeclampsia or gestational diabetes
- ☐ Autoimmune or inflammatory conditions

Share your complete history when your cardiovascular risk is assessed.

EVERYDAY WAYS TO SUPPORT YOUR HEART

1. MOVE REGULARLY



Combine aerobic movement with strength training and break up long periods of sitting.

2. BUILD A FIBER-RICH PLATE



Choose vegetables, fruit, beans, whole grains, nuts or seeds, and other minimally processed foods.

3. CHOOSE SUPPORTIVE FATS



Favor foods such as olive oil, avocado, seeds, and fish while keeping saturated fat in perspective.

4. PROTECT SLEEP & RECOVERY



Address ongoing sleep problems, manage stress, and make room for regular recovery.

5. AVOID TOBACCO & LIMIT ALCOHOL



Ask for support with quitting and discuss what level of alcohol, if any, is appropriate for you.



Menopausal hormone therapy may be appropriate for symptom management in some women, but it should not be started solely to prevent heart disease. Discuss your individual benefits and risks with a qualified healthcare provider.



DO NOT IGNORE POSSIBLE WARNING SIGNS

Chest pressure or discomfort, shortness of breath, sudden sweating, nausea, lightheadedness, unusual fatigue, or pain in the back, jaw, shoulder, or arm can require urgent care. Call emergency services if you think you may be having a heart attack or stroke.



Midlife Wellness Tip

Keep a simple record of your blood pressure and lab results so you can notice trends and ask better questions.

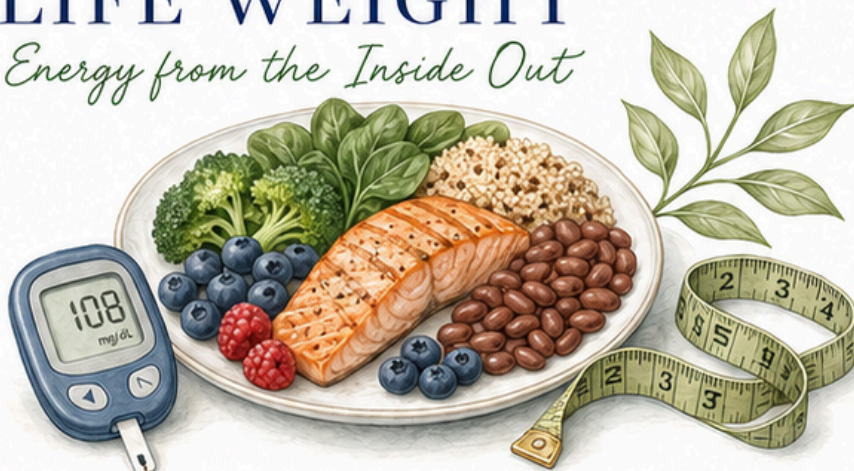


BLOOD SUGAR, METABOLISM & MIDLIFE WEIGHT

Support Steady Energy from the Inside Out

After menopause, changes in muscle mass, sleep, activity, and body fat distribution can influence insulin sensitivity and where weight is carried. The scale tells only part of the story. Blood sugar, strength, energy, waist changes, and overall health matter too.

Your goal is steadier health, not a smaller life.



WHY THINGS MAY FEEL DIFFERENT



1. LESS MUSCLE

Muscle helps use glucose. Losing muscle can affect metabolism and insulin sensitivity.



2. MORE ABDOMINAL FAT

Fat may shift toward the waist, even when overall weight changes only a little.



3. SLEEP & STRESS

Poor sleep and ongoing stress can influence appetite, cravings, blood sugar, and energy.



4. ACTIVITY CHANGES

Less daily movement can reduce energy needs and make blood sugar harder to manage.

BUILD A STEADIER MEAL

1.



1. START WITH PROTEIN

Fish, poultry, eggs, yogurt, tofu, beans, or another protein that works for you.

2. ADD FIBER

Fill plenty of the plate with non-starchy vegetables and include beans, berries, or whole grains.

3. INCLUDE SUPPORTIVE FATS

Choose foods such as olive oil, avocado, nuts, or seeds in portions that fit your needs.

4. CHOOSE CARBOHYDRATES WITH INTENTION

Pair carbohydrate foods with protein, fiber, or fat rather than eating them alone.

Meal needs vary. This plate is a flexible guide, not a prescription.

SMALL HABITS THAT ADD UP

- ☐ Walk or move for a few minutes after meals
- ☐ Strength train regularly
- ☐ Eat consistent, satisfying meals
- ☐ Protect sleep and recovery
- ☐ Choose water most often

Extreme restriction can be difficult to maintain and may make it harder to meet protein, fiber, and nutrient needs.

KNOW YOUR A1C

A1c estimates your average blood glucose over the past two to three months.

Below 5.7%	Normal range
5.7% to 6.4%	Prediabetes range
6.5% or higher	Diabetes range

Diagnosis usually requires clinical interpretation and may need confirmation. Review your result with your healthcare provider.



If weight loss is appropriate for you, focus on changes you can sustain while protecting muscle, nourishment, and quality of life. Medication or additional medical support may also be appropriate for some women.

Midlife Wellness Tip

Notice what happens two to three hours after a meal. Steady energy and comfortable fullness can be useful clues that the meal worked well for you.



HOW TO BUILD A POSTMENOPAUSE PLATE

Nourishment That Supports Strength, Energy & Healthy Aging

A balanced plate can help you meet your protein, fiber, vitamin, mineral, and energy needs without turning every meal into a math problem.

Use this as a flexible guide, not a set of food rules.

1/2 NON-STARCHY VEGETABLES

Leafy greens, broccoli, peppers, tomatoes, mushrooms, cabbage

ADD SUPPORTIVE FAT

Olive oil, avocado, nuts, seeds, or oily fish



1/4 PROTEIN

Fish, poultry, eggs, Greek yogurt, tofu, tempeh, beans, lentils

1/4 FIBER-RICH CARBOHYDRATES

Beans, lentils, quinoa, oats, brown rice, potatoes, fruit

BUILD IT IN FIVE

1. CHOOSE YOUR PROTEIN



2. ADD TWO COLORS



3. INCLUDE A HIGH-FIBER CARB



4. ADD A SUPPORTIVE FAT



5. SEASON IT SO YOU ENJOY IT



MIX & MATCH

PROTEIN

- ☐ Salmon
- ☐ Chicken
- ☐ Eggs
- ☐ Tofu
- ☐ Beans

VEGETABLES

- ☐ Spinach
- ☐ Broccoli
- ☐ Peppers
- ☐ Cabbage
- ☐ Green beans

CARBOHYDRATES

- ☐ Quinoa
- ☐ Oats
- ☐ Brown rice
- ☐ Sweet potato
- ☐ Fruit

FLAVOR & FAT

- ☐ Olive oil
- ☐ Avocado
- ☐ Seeds
- ☐ Herbs
- ☐ Yogurt sauce

BREAKFAST

Eggs with sautéed vegetables, whole-grain toast, and berries



LUNCH

Salmon or chickpea salad with greens, quinoa, vegetables, and olive oil dressing



DINNER

Chicken or tofu, roasted vegetables, brown rice, and a flavorful herb sauce



YOUR PLATE MAY LOOK DIFFERENT

Appetite, activity, culture, food preferences, allergies, medical conditions, and medication needs all matter. Adjust portions and food choices with qualified guidance when needed.

Midlife Wellness Tip

Before removing another food, ask what your plate may be missing. Adding protein, vegetables, or fiber is often a more useful place to begin.

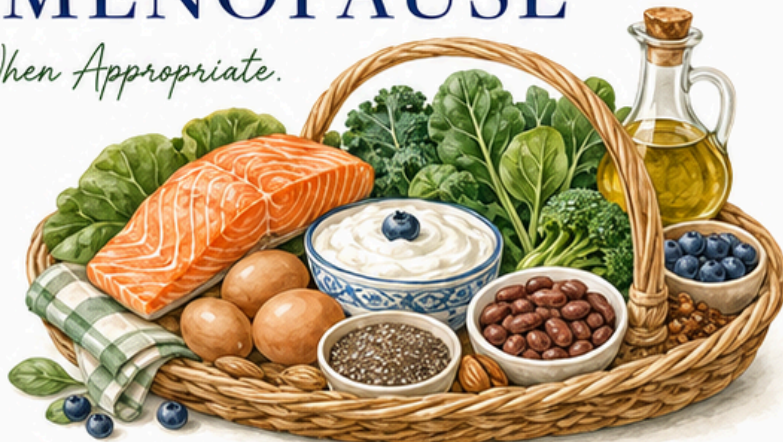


KEY NUTRIENTS FOR POSTMENOPAUSE

Food First. Supplements When Appropriate.

Postmenopause does not require a cabinet full of supplements. A varied, nutrient-dense eating pattern can provide much of what your body needs, while testing and individualized guidance can help identify true gaps.

More is not always better.



1 PROTEIN



WHY IT MATTERS: Supports muscle, strength, recovery, bone, and healthy aging.

FOOD SOURCES: Fish, poultry, eggs, Greek yogurt, cottage cheese, tofu, tempeh, beans, and lentils.

Include a meaningful source at each meal.

2 CALCIUM



WHY IT MATTERS: Supports bone structure, muscle contraction, and nerve function.

FOOD SOURCES: Dairy, fortified alternatives, tofu made with calcium, canned fish with bones, and leafy greens.

Women over 50 generally need 1,200 mg daily from food and supplements combined.

3 VITAMIN D



WHY IT MATTERS: Helps the body absorb calcium and supports bone and muscle function.

FOOD SOURCES: Fatty fish, egg yolks, fortified foods, and UV-exposed mushrooms.

Blood testing and supplement needs should be individualized.

4 FIBER



WHY IT MATTERS: Supports digestion, comfortable bowel movements, blood sugar, cholesterol, and fullness.

FOOD SOURCES: Vegetables, berries, beans, lentils, oats, whole grains, nuts, and seeds.

Increase gradually and drink enough fluid.

5 OMEGA-3 FATS



WHY IT MATTERS: Support cardiovascular health and are part of healthy cell membranes.

FOOD SOURCES: Salmon, sardines, trout, chia seeds, flaxseed, and walnuts.

Food and supplement forms are not interchangeable for every purpose.

6 MAGNESIUM



WHY IT MATTERS: Supports muscle and nerve function, energy metabolism, and bone.

FOOD SOURCES: Pumpkin seeds, almonds, beans, leafy greens, whole grains, and dark chocolate.

Supplemental magnesium can interact with medicines and may not suit some kidney conditions.

TWO NUTRIENTS THAT DESERVE INDIVIDUAL ATTENTION

VITAMIN B12

Absorption can decline with age and may be affected by metformin, acid-reducing medicines, digestive conditions, or a vegan diet. Ask whether testing is appropriate.

IRON

Iron needs generally decrease after menopause. Avoid taking iron routinely unless a deficiency or other need has been identified.



BEFORE ADDING A SUPPLEMENT

- ☐ Review my current diet and symptoms
- ☐ Check relevant labs when appropriate
- ☐ Consider medications and health conditions
- ☐ Confirm the dose, form, and duration

Supplements can cause side effects, interact with medications, and provide excessive amounts. They should fill a genuine need, not replace meals or medical care.

Grocery List

- ☐ Salmon
- ☐ Leafy Greens
- ☐ Berries
- ☐ Beans
- ☐ Oats
- ☐ Walnuts



Midlife Wellness Tip

Choose one nutrient to improve through food this week. Small additions are often easier to sustain than a complete dietary overhaul.



BRAIN, MOOD & EMOTIONAL WELL-BEING

Care for Your Mind as Thoughtfully as Your Body

Brain fog and mood changes can linger after menopause, but hormones are only part of the picture. Sleep, stress, medications, thyroid health, nutrient status, hearing, grief, relationships, and other health conditions can also affect how you think and feel.

Your emotional health deserves real care.

WHAT CAN FEEL FAMILIAR



Searching for a familiar word



Losing your train of thought



Feeling more distractible



Needing longer to recall a name or detail

Occasional lapses do not automatically mean dementia. New, worsening, or disruptive changes deserve a proper evaluation.



EVERYDAY SUPPORT FOR YOUR BRAIN



1. MOVE

Regular physical activity supports blood flow, mood, and overall brain health.



2. NOURISH

Build meals around protein, colorful plants, fiber, and supportive fats.



3. CONNECT

Meaningful relationships and regular social contact support emotional and cognitive well-being.



4. KEEP LEARNING

Read, create, practice a skill, learn a language, or try something that challenges you.



5. PROTECT YOUR SENSES

Address hearing or vision changes that make it harder to stay engaged.



6. MANAGE HEALTH RISKS

Blood pressure, blood sugar, cholesterol, sleep, and medication effects all matter.

How Have I Been Feeling Lately?

- ☐ Mostly steady and like myself
- ☐ More anxious or on edge
- ☐ Low, flat, or disconnected
- ☐ More irritable or easily overwhelmed
- ☐ Grieving a loss or major life change
- ☐ Having trouble enjoying things I usually value

What may be contributing? _____

What support would feel helpful? _____

WHEN TO SPEAK WITH A HEALTHCARE PROFESSIONAL

- Low mood or loss of interest that persists or affects daily life
- Anxiety, panic, or irritability that feels difficult to manage
- Memory or thinking changes that interfere with work, finances, driving, medication use, or familiar tasks
- Sudden confusion, weakness, speech changes, or a severe new headache require urgent medical attention



If you are in the United States and are *thinking about harming yourself* or feel unsafe, call or text 988 for immediate support. Call emergency services for immediate danger.

Midlife Wellness Tip

Choose one daily anchor for your mind, such as a walk, a phone call, ten quiet minutes, or writing down what is weighing on you.



SLEEP, STRESS & RECOVERY

Rest Is Part of Your Health Plan

Sleep can remain unsettled after menopause, especially when hot flashes, stress, pain, bladder symptoms, medications, or changes in breathing interrupt the night. Recovery also depends on what happens during the day.

Rest is productive when your body needs it.

SET THE STAGE FOR BETTER SLEEP



1. ANCHOR YOUR MORNING

Wake at a consistent time and get natural morning light when possible.



2. MOVE DURING THE DAY

Regular activity can support sleep, but intense exercise close to bedtime may feel stimulating for some.



3. WATCH THE LATE-DAY CUES

Notice how afternoon caffeine, evening alcohol, heavy meals, or excess fluids affect your night.



4. COOL & QUIET

Keep the bedroom dark, comfortable, quiet, and cool enough for you.



5. CREATE A WIND-DOWN

Dim lights and choose a repeatable routine such as reading, stretching, or a warm shower.



6. SAVE THE BED FOR SLEEP

If you remain wide awake, move to a quiet place and return when you feel sleepy.

A Gentle Evening Rhythm

2 HOURS BEFORE

Finish demanding tasks when possible

1 HOUR BEFORE

Lower lights and quiet the house

20 MINUTES BEFORE

Wash up, stretch, breathe, or read

BEDTIME

Let the routine cue your body that the day is done

Choose a rhythm that fits your real life. Perfection is not required.

WHEN YOUR NERVOUS SYSTEM NEEDS A RESET



BREATHE

Inhale gently, then let the exhale become a little slower and longer.



UNCLENCH

Relax your jaw, roll your shoulders, and soften your hands.



ORIENT

Name five things you can see and three things you can hear.



MAKE IT SMALLER

Write down the next manageable step instead of carrying the whole problem at once.

Relaxation practices can support stress management, but they are not a substitute for mental health or medical care.

WHAT IS DRAINING MY RECOVERY?

- ☐ Too little sleep
- ☐ Too much mental load
- ☐ Pain or physical discomfort
- ☐ Unfinished responsibilities
- ☐ Too little food, water, or downtime
- ☐ Relationships or situations that keep me on alert

One thing I can lighten this week: _____

SLEEP PROBLEMS WORTH EVALUATING

Speak with your healthcare provider about persistent insomnia, loud snoring, gasping or choking during sleep, uncomfortable legs at night, frequent nighttime urination, severe hot flashes, or daytime sleepiness that affects safety or daily function.

Cognitive behavioral therapy for insomnia, called CBT-I, is a first-line treatment for chronic insomnia and can be discussed with a qualified professional.

Midlife Wellness Tip

Keep a simple sleep diary for one to two weeks. Bedtime, wake time, awakenings, caffeine, alcohol, symptoms, and daytime energy can reveal useful patterns.

VAGINAL, BLADDER & SEXUAL HEALTH

Comfort, Confidence & Care Matter

Lower estrogen can affect the vulva, vagina, urethra, and bladder. These changes are known as genitourinary syndrome of menopause, or GSM. Unlike some menopause symptoms, GSM may persist or become more noticeable without treatment.

You do not have to accept discomfort as part of getting older.



WHAT GSM CAN LOOK LIKE



VAGINAL & VULVAR

- ♥ Dryness, burning, or irritation
- ♥ Itching or tenderness
- ♥ Thinner, less flexible tissue
- ♥ Unusual discomfort with exams



BLADDER & URINARY

- ♥ Urgency or frequent urination
- ♥ Leaking urine
- ♥ Burning with urination
- ♥ Recurring urinary tract symptoms



SEXUAL

- ♥ Pain or friction with penetration
- ♥ Bleeding after sexual activity
- ♥ Changes in arousal or orgasm
- ♥ Reduced desire or avoiding intimacy

Similar symptoms can have other causes. An evaluation helps determine what is actually happening.

EVERYDAY COMFORT OPTIONS



1. GENTLE VULVAR CARE

Use warm water or a mild fragrance-free cleanser externally. Avoid douches, scented products, and irritating wipes.



2. VAGINAL MOISTURIZER

Used regularly, often several times per week, to support ongoing moisture.



3. LUBRICANT

Used during sexual activity to reduce friction. Water-based or silicone-based options may work well.



4. PELVIC FLOOR SUPPORT

A pelvic floor physical therapist can help with pain, leakage, muscle tension, weakness, or bladder habits.



5. COMFORTABLE STIMULATION

Painless sexual stimulation, alone or with a partner, may support blood flow and tissue flexibility. There is no obligation to be sexually active.

TREATMENTS TO DISCUSS



Low-dose vaginal estrogen



Vaginal DHEA, also called prasterone



Oral ospemifene



Vaginal dilators or specialized pelvic floor therapy

The right choice depends on your symptoms, health history, preferences, and medications. If you have a history of breast or other hormone-sensitive cancer, coordinate treatment decisions with the clinicians managing your care.

BLADDER HABITS THAT MAY HELP

- ☐ Keep a bladder diary
- ☐ Drink enough fluid without forcing excess
- ☐ Address constipation
- ☐ Notice caffeine or alcohol triggers
- ☐ Ask before starting pelvic floor exercises on your own



Urinary burning or urgency is not always a UTI. Testing can help avoid guessing.



Desire is influenced by comfort, sleep, stress, medications, relationships, body image, health, and emotional safety. Sexual well-being is personal and can include many forms of closeness.



PLEASE HAVE THESE EVALUATED

Bleeding or spotting after menopause, blood in the urine, new pelvic pain, sores or lumps, unusual discharge, fever, back pain, or urinary symptoms that persist or recur.

Midlife Wellness Tip

Write down the exact symptom, when it happens, and what makes it better or worse. Clear details make intimate conversations with your healthcare provider easier.



LABS & PREVENTIVE SCREENINGS TO DISCUSS

Know What to Check and Why It Matters

Preventive care after menopause is not one identical list for every woman. Your age, health history, family history, medications, anatomy, prior results, and personal risk factors all shape what you need and how often.

Use this page to start a conversation, not order your own tests.



ROUTINE HEALTH CHECKS

- ☐ Blood pressure
- ☐ Cholesterol panel
- ☐ Blood glucose or A1c
- ☐ Weight and waist changes in health context
- ☐ Medication and supplement review
- ☐ Dental, vision, and hearing care
- ☐ Kidney, liver, blood count, or thyroid testing when clinically appropriate

Frequency depends on your results, medications, symptoms, and overall risk.

VACCINES TO REVIEW

- ☐ Influenza each year
- ☐ Current COVID-19 vaccination
- ☐ Shingles from age 50
- ☐ Pneumococcal vaccination from age 50
- ☐ Tetanus, diphtheria, and pertussis booster
- ☐ RSV, hepatitis, or other vaccines based on age and risk

Recommendations change. Review your vaccine record with a healthcare professional.

NOT EVERY TEST IS ROUTINE

Hormone panels are not usually needed to confirm natural postmenopause after 12 months without a period. Vitamin D, insulin, thyroid, nutrient, inflammation, advanced lipid, genetic, or functional tests may be useful in selected situations when there is a clear clinical question.

Ask: How will this result change what we do next?

CORE SCREENINGS TO KEEP ON YOUR RADAR



☐ BREAST CANCER

Mammography is commonly recommended from ages 40 to 74 every one to two years. Earlier, additional, or continued screening may be appropriate based on risk and health.



☐ CERVICAL CANCER

Screening usually continues through age 65 for women with a cervix. The test and interval depend on age, prior results, and whether HPV testing is used.



☐ COLORECTAL CANCER

Screening generally begins at age 45 and continues through age 75. Options include stool-based tests and visual exams such as colonoscopy.



☐ BONE DENSITY

A DEXA scan is generally recommended at age 65 and earlier for women with increased fracture risk.



☐ LUNG CANCER

Annual low-dose CT may be recommended from ages 50 to 80 for certain people with a significant smoking history.

Screening recommendations may differ by country and professional organization. Your clinician can help personalize the schedule.

MY NEXT APPOINTMENT

- ☐ Bring my medication and supplement list _____
- ☐ Bring previous lab and screening results _____
- ☐ Update my family health history _____
- ☐ Ask which tests are due now _____

My top screening question: _____

Midlife Wellness Tip

Keep one simple record of dates and results. Knowing what has already been done can prevent missed screenings and unnecessary repeats.



QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

Make the Most of Your Appointment

Appointments can move quickly. Writing down your priorities ahead of time can help you share the full picture, understand your options, and leave with a clearer plan.

Start with the three questions that matter most today.

MY TOP THREE PRIORITIES

1. _____
2. _____
3. _____

☐ 1. SYMPTOMS & CHANGES



- What could be contributing to my symptoms besides menopause?
- Which symptoms need an exam or testing?
- What changes should prompt me to contact you sooner?

☐ 2. BONES, MUSCLES & MOBILITY



- Do I need a DEXA scan now, and when should it be repeated?
- Am I meeting my protein, calcium, and vitamin D needs?
- Are my current exercises appropriate for my bones, joints, and balance?

☐ 3. HEART, BLOOD SUGAR & WEIGHT



- What do my blood pressure, cholesterol, glucose, and A1c mean together?
- How often should these markers be checked?
- Would medication, additional testing, or a referral be appropriate?

☐ 4. VAGINAL, BLADDER & SEXUAL HEALTH



- Could my symptoms be GSM, an infection, or a pelvic floor concern?
- What nonhormonal, local, or systemic treatment options could I consider?
- Could any of my medications be affecting comfort, desire, or bladder function?

☐ 5. LABS & PREVENTIVE CARE



- Which screenings and vaccines are due now?
- Which labs have a clear purpose for me?
- How would each result change my care?
- Are any of my supplements unnecessary, excessive, or likely to interact?

☐ 6. TREATMENT DECISIONS



- What are the expected benefits, risks, costs, and alternatives?
- How will we know whether this treatment is helping?
- When should I follow up, and what side effects or warning signs should I watch for?

WHAT TO BRING

- ☐ My symptom timeline
- ☐ My medication and supplement list
- ☐ My recent lab and screening results
- ☐ My family health history
- ☐ My home blood pressure or symptom records
- ☐ A trusted person, if I want support

MY PLAN AFTER TODAY

Next step: _____

Test or referral: _____

Medication or supplement change: _____

Follow-up date: _____



If something is unclear, ask your provider to explain it in plain language. You can also ask for written instructions or time to consider a nonurgent decision.

Midlife Wellness Tip

Lead with your biggest concern first. If time runs out, ask how to schedule a follow-up for the questions you could not cover.

YOUR PERSONAL POSTMENOPAUSE WELLNESS MAP

Choose What Matters Most for This Season

Wellness is not a finish line or a perfect routine. It is a series of choices that reflect your health needs, values, energy, and real life.

Your map can change as you do.



WHERE I AM RIGHT NOW

My energy feels: _____

My sleep feels: _____

My strength and mobility feel: _____

My mood and stress feel: _____

The health concern on my mind most is: _____

WHAT NEEDS MY ATTENTION?



BONES



MUSCLE & MOBILITY



HEART



BLOOD SUGAR & METABOLISM



BRAIN & MOOD



SLEEP & RECOVERY



VAGINAL & BLADDER HEALTH



PREVENTIVE CARE

The two areas I want to focus on first:

1. _____

2. _____

Why This Matters to Me

What do I want my health to help me keep doing, enjoying, or becoming?

MY NEXT 90 DAYS

ONE HEALTH ACTION

The specific step I will take:

I will begin on: _____

ONE DAILY SUPPORT

The habit that will make it easier:

I will review my progress on: _____

ONE CONVERSATION

The question or appointment I will schedule:

WHAT WILL SUPPORT ME?

- ☐ A simple routine
- ☐ A written reminder
- ☐ Family or friend support
- ☐ Professional guidance
- ☐ Preparing ahead
- ☐ Something else: _____

WHAT MAY GET IN THE WAY?

- ☐ Too many changes at once
- ☐ Low energy or pain
- ☐ Time or cost
- ☐ Unclear information
- ☐ Fear of getting it wrong
- ☐ Something else: _____



When I feel overwhelmed, I will ask:
What is the smallest useful step I can take today?



One Last Thought

You do not need to improve every area at once. A meaningful plan begins with one priority, one action, and enough flexibility to keep going.



EVERYDAY WELLNESS TOOLS

Small Supports for Real-Life Days

Your wellness plan does not need to be complicated to be useful. A few simple tools, repeated often, can help you care for your energy, strength, nourishment, stress, and sleep.

Choose what fits the day you are actually having.



1. THE MORNING ANCHOR

Open the curtains or step outside, drink some water, and decide on one health priority for the day.

☐ Try this.



2. THE BALANCED-MEAL CHECK

Before eating, look for a protein source, colorful plants, a fiber-rich carbohydrate, and a supportive fat.

☐ Try this.



3. THE FIVE-MINUTE WALK

Walk after a meal, between tasks, or whenever you have been sitting for a long stretch. Choose a safe pace and surface.

☐ Try this.



4. THE STRENGTH SNACK

Choose one familiar movement such as sit-to-stands, wall push-ups, calf raises, or carrying a manageable weight.

Use stable support and follow individualized guidance when needed.

☐ Try this.



5. THE HYDRATION CUE

Pair water with something you already do, such as meals, medications, or returning to your desk.

☐ Try this.



6. THE TWO-MINUTE DOWNSHIFT

Let your exhale slow, unclench your jaw, lower your shoulders, and name the next manageable step.

☐ Try this.



7. THE PATTERN NOTE

Write down what happened, when it happened, what came before it, and what helped.

☐ Try this.



8. THE EVENING RESET

Prepare one thing for tomorrow, lower the lights, and choose a simple cue that tells your body the day is ending.

☐ Try this.

WHAT DO I NEED RIGHT NOW?

LOW ENERGY

Water + balanced meal + daylight

STIFF OR RESTLESS

Brief walk + mobility

OVERWHELMED

Two-minute downshift

SCATTERED

Pattern note + one next step

WIRED AT NIGHT

Evening reset

These tools support everyday care. Persistent or worsening symptoms still deserve professional evaluation.

My Three Go-To Tools

1. _____
2. _____
3. _____

I will keep my reminder: _____

MY 10-MINUTE WEEKLY RESET

- ☐ Refill medications or supplements
- ☐ Review appointments and screenings
- ☐ Plan two strength sessions
- ☐ Choose easy protein and produce options
- ☐ Notice one pattern from the past week
- ☐ Choose one priority for the week ahead



Stop and seek appropriate medical care for chest pain, severe shortness of breath, fainting, sudden weakness or confusion, or any symptom that feels urgent.

One Last Thought

The best wellness tool is not the most impressive one. It is the one you can remember, use safely, and return to when life gets busy.



A FINAL NOTE FOR THE YEARS AHEAD

From One Midlife Woman to Another

Hi friend,

If there is one thing I hope you take from this toolkit, it is that postmenopause is not simply what comes after menopause. It is a long, meaningful stage of life that deserves attention, preparation, and care.

Your health priorities may be different now. That can be useful information rather than a reason to fear the future. Each screening you schedule, meal you nourish yourself with, strength session you complete, and question you ask is a way of protecting the years ahead.

You will not do all of this perfectly. None of us does. Some seasons will allow more energy. Others will ask you to simplify. Return to the basics and begin again.

Care for your bones because they carry you. Protect your muscle because it keeps you capable. Listen to your heart, tend to your mind, and speak openly about symptoms that affect your comfort or quality of life.

Most of all, make room for a vision of aging that includes more than preventing problems. Think about what you want to keep doing, who you want beside you, what you still want to learn, and how you want your days to feel.

The years ahead are yours to shape,
one thoughtful
choice at a time.

Wishing you health and happiness,

Martine

Holistic Perimenopause
& Menopause Coach
FMACC, IHP2, HPH, CNP



Carry These With You

- ♥ Strength over perfection
- ♥ Questions over assumptions
- ♥ Consistency with flexibility
- ♥ Health with room for joy

What Do I Want the Years Ahead to Hold?



*This is not the end of your story.
It is a chapter worth caring for.*



This toolkit is for educational and informational purposes only and is not intended to replace medical advice, diagnosis, or treatment. Always consult your healthcare provider for personalized guidance.

REFERENCES & TRUSTED RESOURCES

Reliable information can help you ask informed questions and make thoughtful decisions with your healthcare team. These organizations offer evidence-informed guidance for postmenopause health and healthy aging.



1. MENOPAUSE & WOMEN'S HEALTH



The Menopause Society menopause.org

Patient education on menopause symptoms, treatment options, and healthy aging.



American College of Obstetricians and Gynecologists acog.org/womens-health

Guidance on menopause, preventive care, bone health, and sexual health.



2. BONES, MUSCLE & HEALTHY AGING



Bone Health & Osteoporosis Foundation bonehealthandosteoporosis.org

Practical education on bone density, fracture prevention, calcium, vitamin D, and exercise.



National Institute on Aging nia.nih.gov

Research-based information on sleep, brain health, physical activity, and healthy aging.



3. HEART & METABOLIC HEALTH



American Heart Association heart.org

Resources for cardiovascular health, blood pressure, cholesterol, movement, and nutrition.



American Diabetes Association diabetes.org

Education on blood sugar, metabolic health, nutrition, and diabetes prevention.



4. BRAIN, MOOD & SLEEP



National Institute of Mental Health nimh.nih.gov

Trusted information on emotional well-being, anxiety, depression, and when to seek support.



National Heart, Lung, and Blood Institute nhlbi.nih.gov/health/sleep

Evidence-informed education on sleep health and common sleep concerns.



5. PELVIC & SEXUAL HEALTH



The Menopause Society menopause.org

Information on genitourinary symptoms, vaginal health, intimacy, and treatment conversations.



A Note About Health Information

Health guidance evolves. Check publication dates, look for qualified authors and cited evidence, and discuss personal decisions with a licensed healthcare professional who knows your history.





A LOVING DISCLAIMER

Everything in this toolkit is shared through the lens of my education, professional training, and experience as a Certified Holistic Nutritionist, Integrative Health Practitioner, Functional Medicine Health Coach, and Certified Holistic Perimenopause and Menopause Coach. My intention is to help you better understand postmenopause and feel more confident caring for your health in the years ahead.

This toolkit is for educational and informational purposes only. It does not diagnose, treat, cure, or prevent disease, and it is not a substitute for individualized medical advice, diagnosis, or treatment from a physician or other qualified healthcare professional.

Every woman is unique. Your health history, genetics, medications, symptoms, lifestyle, preferences, and personal circumstances all matter. Nutrition, supplements, functional testing, movement, and other wellness practices may be helpful in some situations, but no approach is appropriate for everyone and outcomes cannot be guaranteed.

Use this guide as a starting point for thoughtful conversations with your healthcare team. Seek prompt medical care for new, severe, persistent, or concerning symptoms. Never stop or change prescribed medication without speaking with the prescribing clinician.

Thank you for allowing me to support your postmenopause journey. It is truly an honor.

Wishing you health and happiness,

Martine



*Your next
chapter matters.*

*Age is not a limitation.
It is a life to be lived with
strength, care, and intention.*

Martine Chin

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