



Menopause and Midlife Care

Signs, Symptoms, and available support

05.22.2025

CHUBB

Today's Hosts



**Gwen David, MD, FACOG,
MSCP**
Gennev



Christina Massotti
Senior Director, Client Success



Today's agenda:

- What is Menopause?
- Symptoms
- Treatment Options
- Resources
- Questions?

What is menopause?

Menopause is a point in time **12 months after** a woman's last period.

Levels of **estrogen and progesterone** drop, causing emotional and physical symptoms.

The menopausal transition most often begins between ages **45 and 55**.

It usually lasts about **seven years** but can be as long as 14 years



What is perimenopause?

- Perimenopause are months or years preceding menopause
- **Estrogen levels begin to drop**
 - Fluctuating wildly instead of dropping in a steady way
- Can still be ovulating
 - This means pregnancy is still a possibility!
- **Typically starts between ages 40 and 50,** but some people experience it in their 30s
 - Average length is **4-6 years** but could last as long as 10 years

Understanding The Menopausal Transition

- The years leading up to that point, when women may have changes in their monthly cycles, hot flashes, or other symptoms, are called **the menopausal transition or perimenopause**.
- During perimenopause, the body's production of **estrogen and progesterone**, two hormones made by the ovaries, varies greatly.
- You may experience changes in your **bone or heart health**, your **body shape** and **composition**, or your **physical function**.



Menopause impacts women in the prime of their lives and lasts 7-10 years+



Perimenopause

Age 40-50

Weight gain, anxiety, sleep issues, night sweats, incontinence



Menopause

Age 51

Sexual pain and lack of libido, vaginal issues, brain fog



Post-menopause

Age 52+

Rising cholesterol, cardiovascular concerns, hair loss, osteoporosis, loneliness

The current menopause care landscape

80% Of OB/GYNs don't receive any menopause training

75% Of physicians feel uncomfortable talking about menopause symptoms

Barriers to seeking care:

- There is a lack of knowledge around symptoms and effective solutions
- The stigma & embarrassment that surrounds menopause today
- Belief that menopause symptoms are a normal part of aging
- Many physicians have long wait lists and don't take insurance



Menopause is impacting women at the prime of their
career.

How can we get the access to care we need?

Menopause Symptoms

**Weight
Changes**

**Vaginal
Dryness**

Hot Flashes

**Mood
Changes**

**Night
Sweats**

**Insomnia &
Sleepless-
ness**

**Anxiety &
Emotional
Wellness**

**Changes in
skin, hair, &
nails**

Low Libido

**Urinary
Symptoms**

**Breast
Discomfort**

**Gastro-
intestinal
changes/
Bloating**

Brain Fog

**Irregular
Periods**

Fatigue

Painful Sex

Joint Pain



Long term consequences of untreated menopause



Increased risk of:

- Heart disease
- Stroke
- Diabetes
- Weight gain
- Insomnia
- Osteoporosis
- Sexual problems
- Urinary symptoms
- Wrinkles/skin changes
- Dementia

100% of women stop producing estrogen

How hot flashes & insomnia hurt your health

- Heart health
- Bone health
- Sleep
- Depression
- Diabetes
- Cardiovascular disease
- Weight gain
- Mood
- Cognition
- Libido

Mid-life insomnia is associated with a **70% increased risk of heart attack and stroke**



Many paths to effective treatment



1

Hormonal treatments

- FDA-approved for the treatment of symptoms of hormone transition. Often most effective
- Bioidentical (chemically and biologically similar to what the body creates)
- Prescribed in the form that's right for you (patches, pills, vaginal rings, topical creams and gels)

2

Non-hormonal treatments

- Recommended for women who shouldn't use hormones, or choose to avoid them
- Used for hot flashes, mood problems, libido, weight management, and more

3

Supplements + botanicals

- Recommended for women who shouldn't use hormones, or choose to avoid them
- Used for hot flashes, mood problems, libido, weight management, and more
- Evidence-based and third party tested

4

Lifestyle + preventative screenings

- Exercise + weight training
- Weight + diet/nutrition
- Sleep
- Bone + cardiovascular health
- Cognitive screening
- Cancer screening + prevention



Have any questions?
We're here to help!

We are unable to provide any direct medical advice. You must meet with a provider for personalized treatment paths.

