



HEALTH RECORD MENOPAUSE

Menopause is confirmed after twelve consecutive months without menstruation, in the absence of another medical cause.

Symptoms

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Sleep disturbances
- ✓ Fatigue
- ✓ Mood swings
- ✓ Difficulty concentrating
- ✓ Vaginal dryness
- ✓ Decreased libido
- ✓ Weight gain

Factors influencing symptoms

- Genetics
- Tobacco
- Overweight
- Stress
- Sleep quality

Conventional treatments

Menopausal hormone therapy (MHT) when indicated

- Non-hormonal treatments in certain situations

Complementary approaches

A balanced diet, physical activity, sufficient intake of calcium and vitamin D, as well as measures promoting sleep can contribute to well-being during this period.

When to consult a doctor?

If the symptoms become disabling or significantly impair quality of life.

Bellis Wellness Clinic Approach

We offer comprehensive support integrating clinical nutrition, lifestyle and integrative medicine, tailored to the needs of each woman.

