

Symptom Relief Guide

We have provided below personalized information to help you to thrive in midlife!

Your Periods

Birth Year: 1976

Describe Your Periods: My periods have stopped

Period Changes: ----

Period Stopped Reasons: Partial Hysterectomy

When was your last period: 4 - 6 months

How many years has it been since your last period: ----

Snapshot Of Your Symptoms



Night Sweats

Severe

Your Midlife Stage → Early Perimenopause

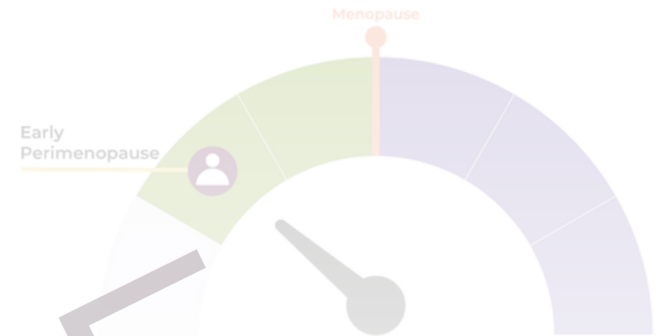
Based on your assessment answers, it appears that you are in the **early perimenopause** stage of life.

After a partial hysterectomy, such as you experienced it is hard to know when the menopause transition is starting because there are no periods to identify initial changes.

Early perimenopause is the stage of menopause when the ovaries produce fewer hormones. This often leads to hormonal fluctuations and menopause symptoms. It typically starts in the late 30 to 40's, and for some, even earlier.

Menopause is complex and unique to each woman.

There are at least 48 menopause symptoms and women can experience none,



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Your Top Three Symptoms



Night Sweats

Severe

Nighttime hot flashes can lead to night sweats. Research shows that night sweats can induce higher stress levels and can increase the risk of depression. Night sweat tends to persist longer and cause more substantial sweating, often resulting in unexpected episodes of waking up drenched in sweat. Various factors, including diet, ethnicity, medications, activity levels, and hormonal changes, influence temperature regulation.



Libido / Sexual Desire

Severe

Sexual desire, or libido, is primarily controlled by the brain and tends to decline with age. Women are more likely to experience this decline in the late 40s and 50s, although the impact varies widely, with some individuals experiencing no change and a few even reporting an increase in sex during midlife.

How To Get Relief:

Given your symptoms, we recommend you consult with one of our sanoMidLife team members or your Primary Care Provider to discuss your symptoms and advise you on the best course of action for your health and wellbeing.

The most common method to determine if you are menopausal is a blood test, that looks for high levels of follicle-stimulating hormone (FSH). FSH is released by the pituitary gland in response to declining estrogen stores. If you are taking or are on any contraceptives, you'll need to stop temporarily to get accurate results.



Menopause hormone therapy (MHT) is an effective treatment for managing menopause symptoms.

For women experiencing menopause symptoms it is recommended to consider hormone therapy¹, unless there are specific medical reasons that advise against it. This approach involves restoring hormone levels that would normally be generated by the body, helping to reduce symptoms, maintain bone density to defend against osteoporosis², and lower the risk of heart disease³.



Lifestyle changes can also help ease menopause symptoms.

Drawing from your input, we can tailor strategies to enhance your sleep, nutrition,

but can be managed and isn't an inevitable part of aging.

sanoMidLife can help, by providing you:

- Online appointments with medical and/or naturopathic practitioner(s), and clinicians with expertise in women's midlife health
- Menopause hormone therapy (MHT) or other medications, if appropriate
- Day to day lifestyle habit building
- Supplements and herbal remedies
- Goal tracking tools
- Virtual AI assistant and Real-life sanoCoaches can help you stay motivated to achieve your goals

The sanoAssessment assesses your menopause stage of life, it is not a substitute for professional medical advice, diagnosis, or treatment.

Please speak with your Primary Care Practitioner, or one of the clinicians at sanoMidLife if you would like to discuss your health concerns or receive treatment. If you require immediate medical attention, please dial 911 or visit your nearest emergency department.

Start Today: Return to your sanoMidLife Dashboard

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