

menopause 101 & facts

- The average age of menopause is **52 years old**.
- **Up to 78% of** women feel that menopausal symptoms interferes with their life.
- Symptoms for menopause vary from person to person, including but not limited to:
 - Hot flashes and night sweats, perspiration (sweating), and palpitations
 - Vaginal dryness, pain during sexual intercourse and incontinence
 - Difficulty sleeping/insomnia
 - Mental fog
 - Changes in mood, depression, and/or anxiety
 - Weight changes, difficulty losing weight
- **Approximately 20%** of women experience symptoms for a year or more before being assessed by a healthcare provider

potential menopausal conditions



holistic menopause support

Our goal is to empower perimenopausal and menopausal women to take a proactive approach to their health. The services below were carefully curated to promote the greatest impact in our patients' emotional and physical well being.

1. **Gynecology:** Our gynecologists take an integrative approach to care. These appointments are tailored to listen to concerns, diagnose symptoms, suggest additional testing if needed, recommend adjunct holistic sessions as part of your program, and coordinate with primary care.
2. **Emotional Health:** Menopause symptoms can be physical or emotion and can be a very trying time for women. As specialists in reproductive care, Kindbody is uniquely positioned to support women dynamically with support groups, somatic (movement) therapy, and more.
3. **Sexual Health:** By combining both gynecological and physical therapy (pelvic floor), our program is designed to support all facets of sexual health related to menopause.
4. **Nutritional Support:** After assessing your lifestyle and needs, our Nutritionist provides education on managing symptoms, boosting muscle strength, tackling inflammation, and supporting healthy, gradual weight loss.
5. **Eastern Medicine:** Utilizing traditional Chinese medicine, mitigate menopausal symptoms holistically improve sleep quality, minimize hot flashes, and optimize emotional health.