



Menopause changes. Support should, too.

Plain-language guidance for perimenopause, menopause and postmenopause.

A social series from Regina Community Clinic

General health information—not individual medical advice.

There is no single “typical” menopause.

Experiences vary—and support should follow the person, not a stereotype.

PERIMENOPAUSE

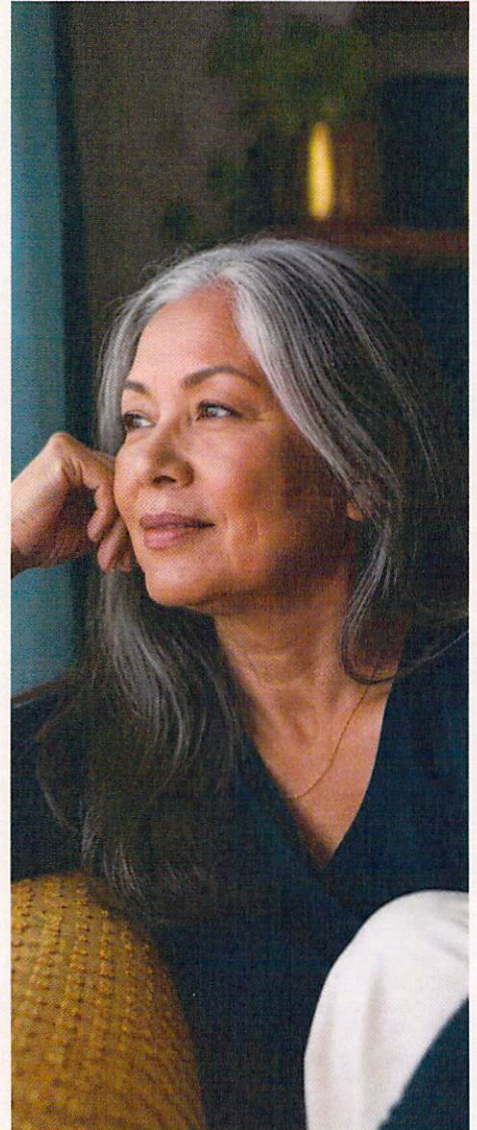
The transition years. Periods and symptoms may change as estrogen and progesterone fluctuate.

MENOPAUSE

Confirmed after 12 consecutive months without a menstrual period, when there is no other medical cause.

POSTMENOPAUSE

The years after menopause. Symptoms, prevention and support may still matter.



Check in when symptoms disrupt sleep, work, relationships or daily life.

Track what changes—then bring your priorities.

BEFORE THE VISIT

Track

periods, hot flashes, sleep, mood and urinary or vaginal symptoms.

List

prescriptions, non-prescription products and supplements.

Bring

relevant personal and family health history.

Choose

one or two priorities for the conversation.

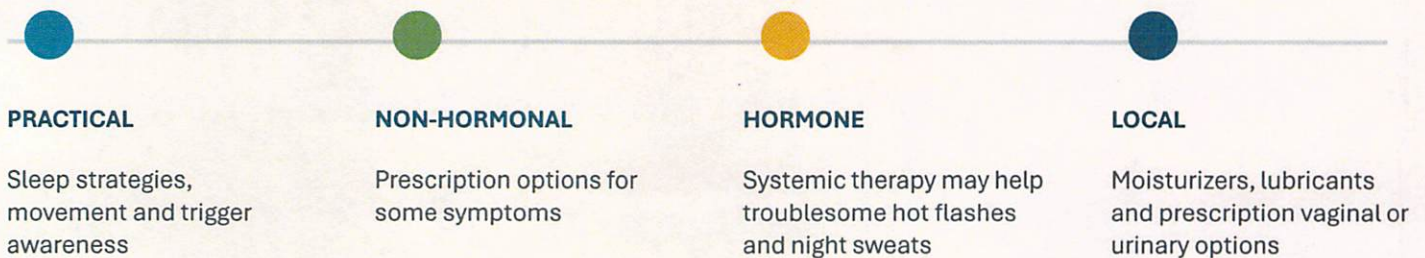
ASK

Could something else be contributing?
Which choices fit my history?
When will we review the plan?

Treatment should fit the symptoms that matter most.

Options can be combined and adjusted through shared decision-making.

Treatment is optional. Start with the symptoms and goals that matter to you.



“Natural” does not automatically mean safe or effective.

Review supplements and interactions with a pharmacist or prescriber.

The right choice depends on symptoms, health history, preferences and risks.

Sleep, mood and brain fog deserve attention.

1 Keep a regular wake time

Build a calming wind-down routine.

2 Cool the room

Use comfortable layers that are easy to remove.

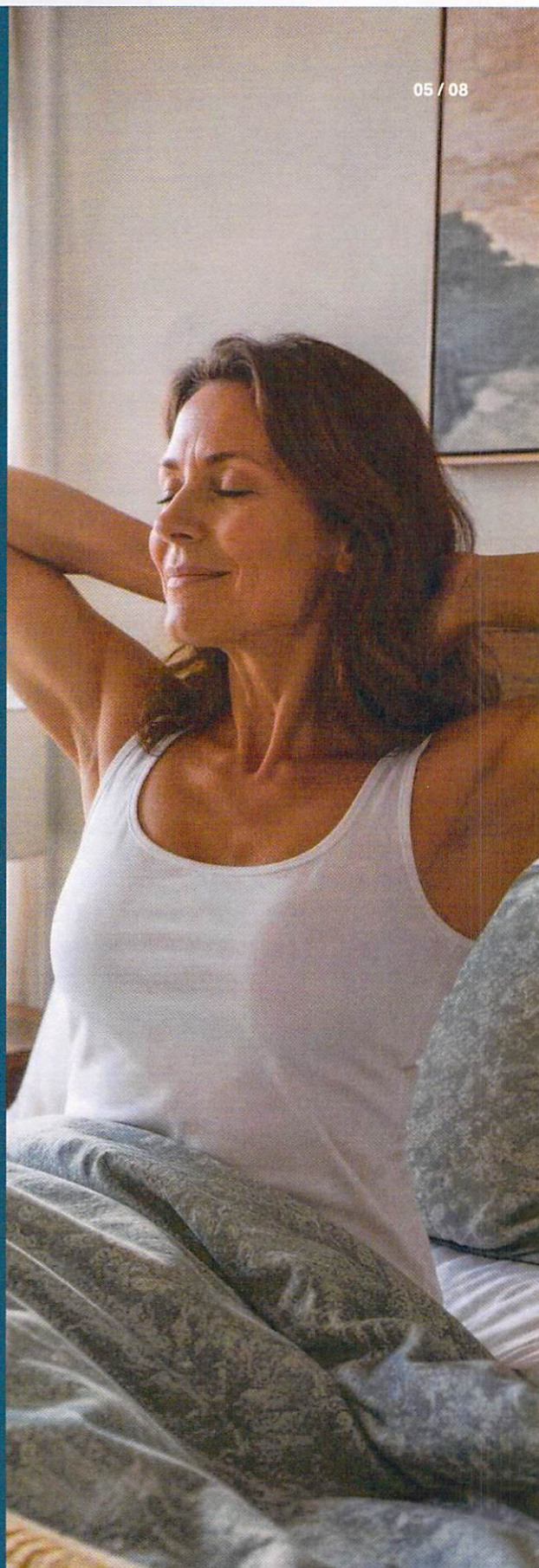
3 Notice patterns

Caffeine, alcohol, pain or night sweats may affect sleep.

4 Reduce the load

Use reminders, fewer simultaneous tasks and practical support.

Persistent sadness, anxiety or major changes in functioning deserve care.



Midlife is a useful time to review prevention.

MOVE

Weight-bearing activity, resistance work and balance—as appropriate for you.

NOURISH

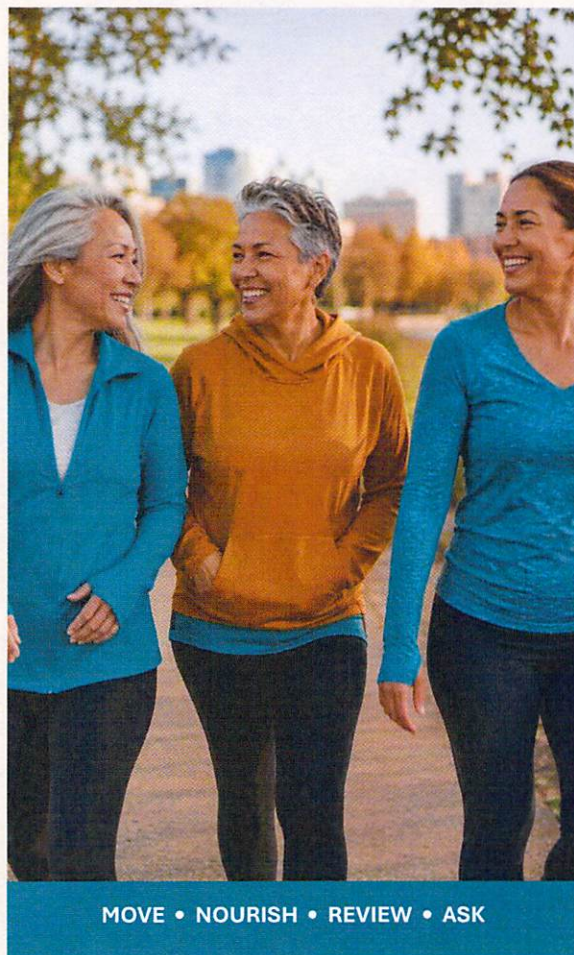
Calcium-rich foods, adequate protein and varied choices that support heart health.

REVIEW

Blood pressure, cholesterol, diabetes risk, smoking, alcohol use and sleep.

ASK

Whether fracture-risk review, bone-density testing, screening or immunizations are due.



MOVE • NOURISH • REVIEW • ASK

Supplements are not one-size-fits-all.

Check with a clinician or pharmacist before starting high-dose products.

A simple action plan makes care more collaborative.

- 1 Name the concern**
Choose the two or three symptoms affecting you most.
- 2 Book the right visit**
Ask for enough time to discuss symptoms and choices.
- 3 Review medicines + costs**
A pharmacist can help with interactions, coverage and alternatives.
- 4 Agree on follow-up**
Define what success looks like and when to reassess.



KNOW THE RED FLAGS

Seek assessment for bleeding after menopause, very heavy bleeding, bleeding between periods, new pelvic pain or other symptoms that concern you.

For urgent or life-threatening concerns, call 911.

Start with the right place for care.



Regina Community Clinic

Respectful care. A plan that can change with you.

EXISTING REGINA COMMUNITY CLINIC PATIENTS

306-543-7880 • option 3

reginacommunityclinic.ca/book-online

Counselling, nutrition or exercise services: option 7

The clinic is not accepting new patients at this time.

Other readers: contact your own primary-care provider or call HealthLine 811 for free, confidential, 24-hour guidance.

EMERGENCY: 911

HEALTH QUESTIONS: 811

General health information—not individual medical advice.

Please do not send medical or appointment information through the clinic website contact form.

Sources: Regina Community Clinic • Saskatchewan Health Authority