

Mayo Clinic Minute

3 Menopause Facts to Know

Video	Audio
Vivien Williams	The big M. Menopause.
Stephanie Faubion, M.D. Women's Health Clinic Mayo Clinic	"Menopause is a time in a woman's life when her periods stop."
Vivien Williams	And, Mayo Clinic's Dr. Stephanie Faubion says there are three facts every woman and her family should know about it.
Stephanie Faubion, M.D.	"One, it happens to all of us, right?"
Vivien Williams	You are not alone. Two: Symptoms can be brief, but the average duration of hot flashes and night sweats is seven to nine years, with one-third of women experiencing moderate to severe symptoms for 10 years or more.
Stephanie Faubion, M.D.	"The third thing women need to know about menopause is that there are treatments available for bothersome symptoms."
Vivien Williams	You don't have to suffer through them. Now, what are symptoms of menopause?
Stephanie Faubion, M.D.	"We typically think of the hot flashes and the night sweats, and the disrupted sleep."
	Some women also experience mood changes, joint aches, and problems with memory and concentration. But, remember ...
Stephanie Faubion, M.D.	"There are so many different ways to manage symptoms now that we really can personalize or individualize menopause therapy."
	For the Mayo Clinic News Network, I'm Vivien Williams.