



CLIMATERIC AND MENOPAUSE

During the climacteric and perimenopause, fluctuations and a progressive decline in ovarian hormone production occur; this initially results in relative hyperestrogenism (elevated estrogen levels relative to lower progesterone) and, subsequently, a marked drop in both hormones once menopause is confirmed. This fluctuation and the eventual hormonal deficiency affect multiple systems, ranging from the central nervous system to cardiovascular and bone health.

COMMON SYMPTOMS:

- Vasomotor symptoms: hot flashes and night sweats
- Sleep disturbances, insomnia, and brain fog
- Mood changes: anxiety, irritability, and depressive symptoms
- Vaginal dryness, pain during sexual intercourse (dyspareunia), and urinary urgency
- Loss of bone density, joint pain, fatigue, and weight gain

**UNDERSTAND THE PHASES
OF TRANSITION AND
RESTORE YOUR VITALITY.**