

Download Coping With Menopause

There is no one-size-fits-all approach to coping with menopause (more precisely, perimenopause)—the period of time for women during which hormonal shifts usher out the childbearing years and usher in the postmenopause stage. It boils down to some basic relationship skills, and a willingness to weather the changes together. Getting support from your partner Here are some tips for your husband, spouse or partner to support your wife who is experience menopause. Menopause is a time of many changes for women. New research is gradually stripping away old myths and adding knowledge about the best ways to preserve health and function in the postmenopausal years. All you need to know about "The Change". According to the National Institute on Aging (NIA), nearly two million US women will turn 50 this year.