Where is it loudest?

Menopause touches the whole body. **Circle what's speaking up,** then bring this page to your appointment.



BRAIN & NERVOUS SYSTEM
- ○ Anxiety & low mood
- ○ Brain fog
- ○ Sleep & insomnia
- ○ Rage

EYES
- ○ Dry eyes
- ○ Vision changes & floaters

THYROID
- ○ Thyroid in midlife

LUNGS & BREATHING
- ○ Air hunger
- ○ Sleep apnea

BREAST
- ○ Breast tenderness
- ○ Breast health

HEART & CIRCULATION
- ○ Hot flashes
- ○ Heart palpitations
- ○ Cold flashes & chills

LIVER & METABOLISM
- ○ Alcohol hits harder
- ○ Weight & insulin

IMMUNE & INFLAMMATION
- ○ Histamine responses
- ○ Inflammation flares

KIDNEYS & URINARY
- ○ Bladder leaks & urgency
- ○ Recurrent UTIs

GUT, MOUTH & TEETH
- ○ Bloating & gut
- ○ Teeth, gums & dry mouth
- ○ Burning mouth & jaw pain

UTERUS, OVARIES & PELVIS
- ○ Heavy bleeding & flooding
- ○ Fibroids
- ○ Low libido & intimacy

FAT, INSULIN & METABOLISM
- ○ Insulin resistance
- ○ Weight changes

MUSCLE
- ○ Frozen shoulder
- ○ Muscle cramps
- ○ Hip pain

BONE
- ○ Bone health
- ○ Joint pain & stiffness

SKIN, HAIR & SENSES
- ○ Hair thinning
- ○ Itchy skin
- ○ Skin changes

Circled something? **Find its guide at hellonila.com.** Every guide is free, graded A–D, dated, and sourced. Clinical content reviewed by Jill Palko, MD, FACOG.

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Photo: Cedric Fauntleroy via Pexels. The people shown are models, not patients.