

PERIMENOPAUSE

SCREENING RECOMMENDATIONS

Annual Exams

- Your annual well-woman exam is an important part of your healthcare. We recommend you see your doctor yearly for a breast, heart, lung, abdomen & thyroid exam.
- At this visit, your doctor will also perform a brief speculum & bimanual internal exam.

Pap (Cervical Cancer Screen)

- Guidelines suggest screening for cervical cancer every 3-5 years. This screening may include a test for the virus most associated with cervical cancer, HPV.

STI Screening

- Only if indicated.

Mammogram

- Screen annually or biennially over age 40.

DEXA

- Bone density screening is recommended biennially in women over 65.
- There may be certain reasons to screen for osteoporosis in women younger than 65. Your doctor will discuss this at your annual visit if necessary.

Colonoscopy

- Beginning at age 50, we recommend screening colonoscopies every 10 years. If your family history indicates a need for more frequent screening intervals, your doctor will let you know.

HEALTHY WEIGHT GOALS

Body Mass Index (BMI) guidelines set goals for healthy body composition.

- Ideal BMI for adults is 18.5-24.9
- BMI of 25.0-29.9 is considered overweight & >30 is considered obese.
- To calculate your BMI:

$$= \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703$$

CONTRACEPTIVE OPTIONS

Cyclic Hormonal Methods

- Combined Oral Contraceptives (The Pill)
- Progestin-only Oral Contraceptives
- Transdermal Patch
- NuvaRing™

Long-acting Reversible Methods

- Mirena™ / Skyla™ (IUD – hormonal)
- Paragard™ (IUD – non-hormonal)
- Nexplanon™ (Implant – hormonal)
- Depo Provera™ (Injection – hormonal)

Barrier Methods

- Condoms (male/female)
- Diaphragm / Cervical Cap

Permanent Methods

- Essure™
- Tubal Ligation

PERIMENOPAUSAL CYCLE MANAGEMENT

- You may begin to experience some common symptoms such as hot flashes, night sweats, & vaginal dryness or discomfort as your hormones start to change during perimenopause.
- Ask your doctor if you would like to discuss options for hormonal therapies as you transition into menopause:
 - Oral Hormone Therapy
 - Transdermal Hormone Therapy
 - Intravaginal Hormone Therapy
 - Compounded Hormone Therapy
- If you would prefer to forego hormonal therapy for now, or would like to augment any hormonal therapy with complimentary options for symptom management, visit the *Women In Balance Institute* for helpful resources: womeninbalance.org

HEALTHY LIVING

Choosing healthy habits can make a big difference in your overall physical and mental wellbeing. Your doctor may recommend trying a special diet to decrease the amount of inflammation in your body & help relieve some of your symptoms. It may be difficult at first, but here are some suggestions for a typical day on the Anti-Inflammatory Diet:

Breakfast:

- Egg & Spinach Scramble
Gluten-free Oatmeal with dried fruit, nuts, & drizzled with honey
- Green Smoothie: Kale, Banana, Strawberries, Blueberries, Almond Milk

Lunch

- Herb Salad with salmon, cucumbers & kalamata olives, sprinkled with dill & fresh-squeezed lemon
- Chicken, onion & bell pepper kabob with hummus
- Vegetarian Bowl: quick-sautéed kale, quinoa, black beans, avocado & olives with salsa

Dinner

- Baked Salmon with roasted vegetables & quinoa
- Hearty Lentil Soup with steamed, mashed cauliflower & gluten-free crackers
- Dijon Chicken with steamed asparagus & sautéed spinach

Snacks & Sweets

- Almonds, veggies & hummus, unsweetened applesauce with fruit, celery & nut butter, frozen berries drizzled with honey & sprinkled with coconut, frozen banana “pops” dipped in warm nut butter, roasted pecans brushed with maple syrup

Websites for Healthy Living

Recipes, Shopping Tips, Fitness & Wellbeing

www.sparkpeople.com

www.wholeliving.com

www.eatright.org

www.cdc.gov/physicalactivity

www.acefitness.org

www.thekitchn.com

www.hungryhungryhippie.com

Cooking, Eating, & Grocery Shopping Apps



SparkPeople Healthy Recipes (free, iOS/Android)
Plan healthy meals with this app from the most popular diet & fitness website in the US.



WholeFoods Market Recipes (free, iOS/Android)
A pick-your-ingredients recipe finder with optional allergy filters.



Fooducate (free, iOS/Android)
Scan a barcode and get all the nutritional info of the item.



MealSnap (iOS)
Take a photo of your plate & the app gives you an idea of the nutritional info & calories.



SparkPeople Diet & Food Tracker (free, iOS/Android)
Create daily meal plans based on personal health goals, log workouts & track progress over time.

Fitness & Exercise Apps



Nike Training Club (free, iOS)
Hundreds of different workouts to fit individual needs and goals. For women, by women.



MyFitnessPal (free, iOS/Android)
Track daily activity AND food. Nutritional info, barcode scanner, community exercise motivation.



All-in Yoga (iOS)
Personalized yoga based on level, goals, & lifestyle with photo, video & audio instruction.



Noom Weight Loss Coach (free, Android)
Personal tips, sensors that record activity, daily food intake tracking and “points” for sticking with the program.



Lose It! (free, iOS)
Set a daily calorie goal then achieve it with tracking activity & food. Search recipes & exercises, too, & get progress reports.

Use the Synergy Women’s Healthcare Patient Portal’s search engine for more information, resources & non-emergent needs.

We’re here for your healthy body & healthy living goals.

