

# Menopause - Email Series



Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about Menopause. Please feel free to share this with your employees; you may also wish to include information on any telehealth services (if available) and other health plan features.

## email 1



### A natural part of the aging process - Perimenopause and Menopause

Menopause is a natural part of the aging process for all women. Menopause itself marks a point in time that is 12 months after the last menstrual period, if no other cause for menstrual cessation is determined.

The journey to menopause usually begins between the ages of 45 and 55 as reproductive hormones begin to decline. This pre-menopausal phase is called "perimenopause" and it usually lasts for approximately 7 years, but it can extend for as long as 14 years before menopause is actually reached. Some women may enter menopause earlier due to surgery or illness.

Over the next few days, we'll provide you with more information on Menopause.

This campaign is brought to you by the Generali Employee Benefits Network [geb.com](http://geb.com)

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

## email 2



### Hormonal changes and symptoms

The journey to menopause usually begins between the ages of 45 and 55 as reproductive hormones begin to decline. This pre-menopausal phase is called "perimenopause" and it usually lasts for approximately 7 years, but it can extend for as long as 14 years before menopause is actually reached. Some women may enter menopause earlier due to surgery or illness.

During perimenopause, women may experience significant **changes in their hormonal balance, specifically in the production of progesterone and estrogen**, two hormones produced in the adrenal cortex and the ovaries. These hormones have influence over many different processes and systems in the body, including internal temperature control, weight, the brain and mood, the health of bones, the heart, skin and other tissues.

**Hormonal fluctuations can lead to some significant physical and emotional changes** including: increased weight gain; hot flashes and night sweats; heart palpitations; mood swings; sleep disturbances; brain fog; body aches and pains; fatigue; vaginal dryness; a decreased interest in physical intimacy; a change in a woman's periods; urinary urgency. The frequency, duration and intensity of symptoms is uniquely personal and hard to predict.

This campaign is brought to you by the Generali Employee Benefits Network [geb.com](http://geb.com)

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

## email 3



### Treatment and self-care options

Fortunately there are **many treatment and self-care options** available including topical estrogen and hormone replacement therapy; breathing exercises and meditation to manage mood changes; lifestyle changes addressing diet and exercise, quitting smoking, and moderating alcohol consumption.

After menopause, women enter the postmenopausal phase. At this time there's an increased risk for heart disease, osteoporosis, weight gain, urinary incontinence and urinary tract infections. It is therefore critical to continue healthy lifestyle habits to maintain full body health.

**Consult your doctor to learn more about the menopausal journey, and develop a strategy for a healthy transition.**

This campaign is brought to you by the Generali Employee Benefits Network [geb.com](http://geb.com)

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.