

Mayo Clinic Minute: Lifestyle changes to manage menopause symptoms

Video

Audio

	Hormone therapy may help women who struggle with hot flashes, sleep disruptions and other menopausal symptoms. It does come with side effects and is not for everybody.	
Denise Millstine, M.D. Women's Health Center Mayo Clinic	"Many women are not candidates to take hormone therapy like women who have a diagnosis of breast cancer. But in a woman who's taking hormone therapy and still having symptoms, lifestyle management can also be effective."	
	Hit the golf course, for instance. Regular exercise, along with a healthy diet, may help.	
	"Women who exercise regularly are healthier overall, and they might be reducing their hot flash burden, as well."	
	If you smoke, Dr. Millstine says quit.	
	"Women who smoke have more frequent hot flashes, and they also have more severe hot flashes."	
	Consider yoga, deep-breathing exercises and massage to help with stress relief.	
	"I will often refer women for a trial of acupuncture to see if that can reduce their hot flash burden, in addition to simple practices like paced breathing or breathing exercises."	
:	Menopause is a natural stage of aging. See your health care provider if you need help managing your symptoms.	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.	