

MENOPAUSE & AGING

with the  study

What is menopause?

Menopause is a **normal** and **natural** life event that is characterized by the absence of a menstrual period for 12 months



Your hormones change with **menopause**, so symptoms like **hot flashes, night sweats, mood changes, irritability, muscle aches, vaginal dryness, urinary complaints**, and more can occur

Menopause is a gradual process that occurs over years



The average age of **menopause** is 51; for women living with HIV it may be slightly lower, but this is unclear and more research is needed

What if menopause is early?

Early **menopause** is associated with higher rates of cardiovascular diseases, and other illnesses

Earlier **menopause** can affect a person's health and quality of life, because common **menopause** symptoms might be amplified

Menopausal hormone therapy is advised for early **menopause** treatment because it can help treat symptoms like hot flashes

There are a number of effective treatments for **menopausal** symptoms that are simple and easy

Relaxation techniques
(eg, yoga, meditation)



Avoid hot flash triggers
(eg, caffeine, alcohol, spicy food)



Keep cool
(eg, cold foods, light clothing)

Menopausal hormone therapy is a medication that contains hormones, like estrogen and progesterone, that your body stops making during **menopause**



So why are we interested in studying menopause in **Women Living With HIV**?

WLWH may experience **menopause** earlier than women who are not living with HIV, and may experience heightened symptoms

There are many proposed treatments for menopausal symptoms and early **menopause**, but none have been studied on **WLWH**

We aim to learn more about **menopause** and treatment options so that we can better support **WLWH** as they age