

## Navigating menopause: Expert advice for symptom relief

Run time - :40

### ANCHOR LEDE:

Shopper beware – experts are warning women that over-the-counter medicines for menopause aren't the cure-alls they claim to be. Tim Ditman of OSF HealthCare has more.

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OSF gynecologist Doctor Dennis Sands says instead, talk to your provider about more proven pharmaceutical options.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Dennis Sands**  
**OSF HealthCare gynecologist**

**"We've noticed that people who are healthy overall, exercise well, sleep well and are in good relationships generally do pretty well in the menopausal transition. The more stress people are under, the more they're not as healthy as they could be, the more their sleep is disturbed. It seems a lot of those people tend to have a more difficult transition." (:29)**

I'm Tim Ditman.

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### ANCHOR TAG:

Other medicines you're taking could also be making your menopause symptoms worse. So talk to your doctor about that, too.