

Navigating menopause: Expert advice for symptom relief

*****SOT*****

**Dr. Dennis Sands
OSF HealthCare gynecologist**

“In general, a lot of the at-home remedies are marketed very well. They are touted as cure-alls or things that will work for the most common complaints, like hot flashes. What we’ve found is most of them don’t work.” (:22)

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“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)

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“If you’re struggling, see your provider and review all the options. There are some great options that are effective and safe. Generally, they’re only used for a short time to get people through the transition.” (:20)