

Navigating menopause: Expert advice for symptom relief

ANCHOR LEDE

Shopper beware – experts are warning women that over-the-counter medicines for menopause aren't the cure-alls they claim to be.

TAKE VO

OSF HealthCare gynecologist Doctor Dennis Sands says instead, talk to your health care provider about more proven pharmaceutical options. Other medicines could also be making your menopause symptoms worse.

SOT

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)