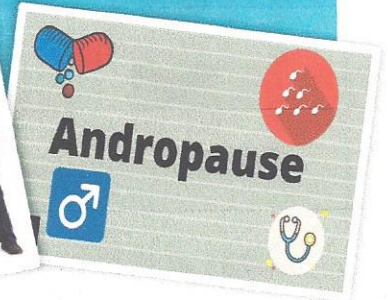


Healthy Saints

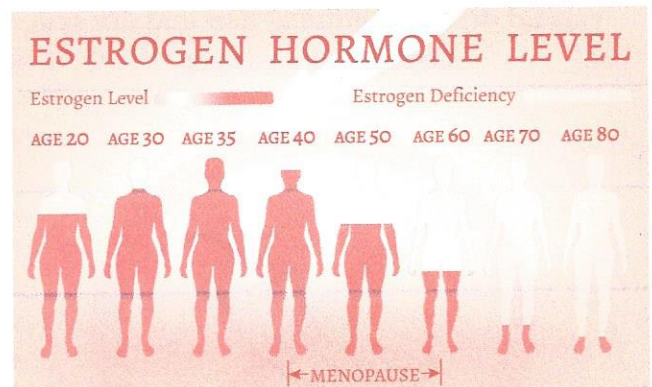
March 2023

For Women and Men



Menopause: Women

(Women)Menopause is the time that marks the end of your menstrual cycles. It's diagnosed after you've gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s. It's a natural biological process. The menopausal transition affects each woman uniquely and in various ways. The body begins to use energy differently, fat cells change, and women may gain weight more easily. You may experience changes in your bone or heart health, your body shape and composition, or your physical function.



Beginning with women around age 40 to 50.

Andropause: Men

(Male)Menopause is the more common term for andropause. It describes age-related changes in male hormone levels known as testosterone deficiency. Testosterone is a hormone produced in your testes. It does more than fuel your sex drive. It also fuels your mental and physical energy, maintains your muscle mass and regulates your fight-or-flight response. It differs from female menopause because not all men experience andropause.



Beginning with men around the age of 30 to 40.