

Menopause & SCI: Breaking the Silence



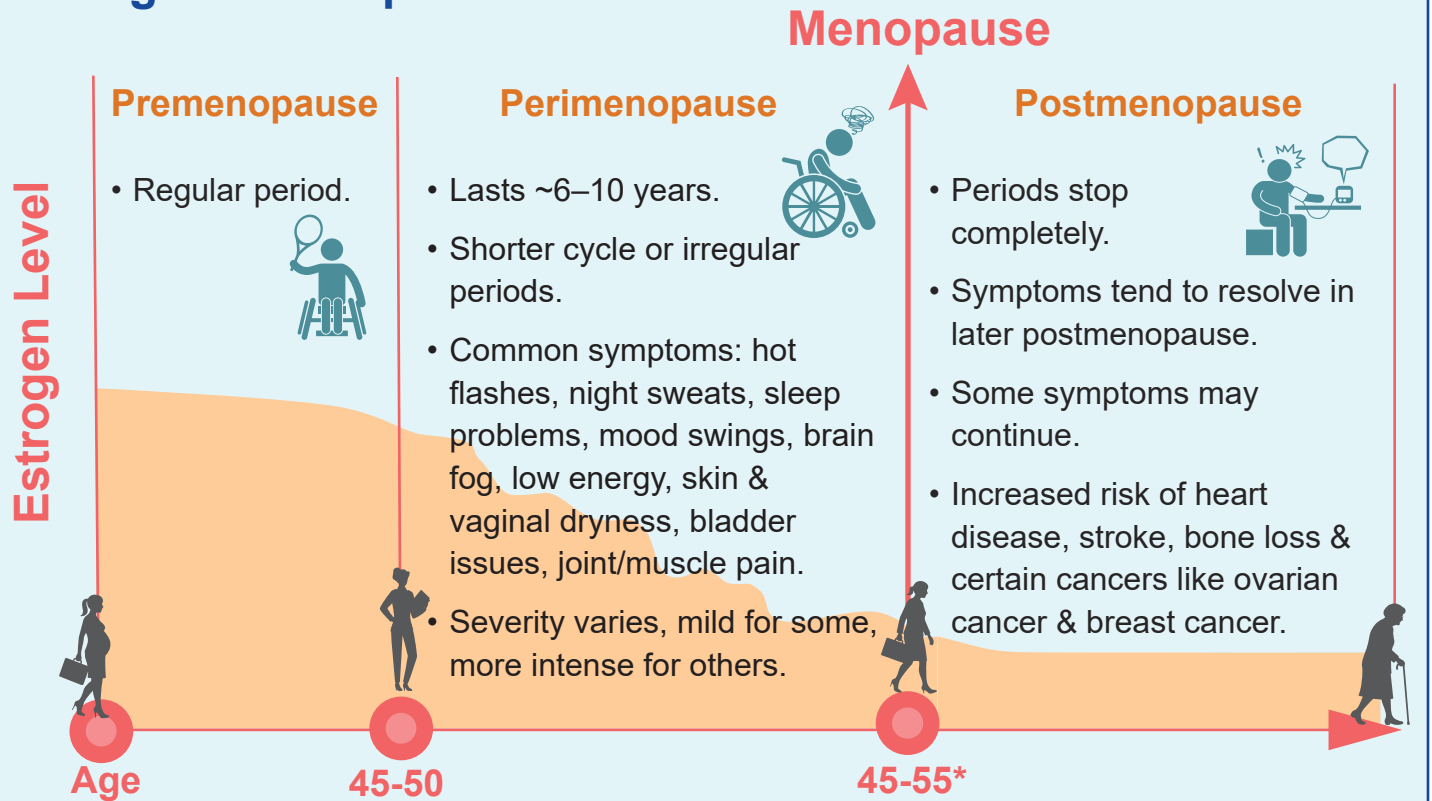
Menopause happens when the ovaries stop producing estrogen and progesterone hormones. Menopause is a big change and even tougher with a spinal cord injury or disease (SCI/D). “Menopause and SCI: In a Hot Flash:” shares what matters most and reminds you, you’re not alone!

Did you know?

Menopause itself is just one day—the day you’ve gone 12 months in a row without a period.



- Stage of Menopause -



*Average age of menopause is 51.

It can occur earlier due to certain medical conditions, treatments, or ovary removal.

What should women with SCI/D know?

Menopause symptoms can overlap with SCI/D issues. For example, night sweats may feel like autonomic dysreflexia - a sudden, dangerous spike in blood pressure caused by irritation below your injury. It’s best to check with your healthcare provider for the right diagnosis and supports.



How can I prepare for a doctor's appointment?

- Find a provider who understands women's health and your overall well-being.
- Share past trauma or difficult circumstances so care can be safe and supportive.
- Track your symptoms and bring them to appointments.



Helpful Tools

Menopause Specialist Finder
(Menopause Society)



Menopause Symptom Tracker
(Menopause Foundation of Canada)



Health Tips

- ✓ Tracking your symptoms can help your doctor see what's going on.
- ✓ Speak up about your symptoms and concerns with your doctors.
- ✓ Learn more by listening to the 7 podcast episodes and reading the related educational action plan tool of "Menopause and SCI: In a Hot Flash".

**Menopause and SCI:
In a Hot Flash Series**

**MENOPAUSE & SCI:
IN A HOT FLASH**

- 1. Menopause & SCI:
Breaking the Silence**
- 2. Hot Flashes & Sweaty Nights:
Experiencing Menopause with SCI**
- 3. Below the Belly Button:
Skin, Bladder & Vaginal Health in
Menopause**
- 4. The Bare Bones of Menopause**
- 5. Matters of the Heart:
Menopause, SCI & Cardiometabolic Risk**
- 6. Lumps, Bumps and Cancer
Screening**
- 7. Clearing the Fog around Mood,
Cognition & Sleep Disorders**

Note: In this series, 'women' refers to anyone with ovaries, since menopause is something anyone with ovaries can go through.

Reminder



Your symptoms and concerns matter. Talking about them helps you get the care and support you deserve through perimenopause, menopause, and beyond.

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The information in these handouts are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.



To learn more visit www.scifragments.ca

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