

Managing Menopause

Women's Health Services - Gynecology

You don't have to endure uncomfortable menopause symptoms. Schedule a consultation for hormone therapy at CCM Health in Montevideo today.

Menopause and Hormone Therapy (HT)

Menopause can be a challenging phase in a woman's life, with symptoms like hot flashes, trouble sleeping, vaginal dryness, and more. At CCM Health, our compassionate Gynecology team is here to help. We understand that each woman experiences menopause differently, and we're dedicated to providing personalized care to improve your mood, comfort, and intimate relationships. Say goodbye to the distress of menopause symptoms and get started by calling CCM Health today.

What is Hormone Therapy?

HT involves using prescription medications containing hormones to manage symptoms caused by a drop in natural hormone levels. The experienced team at CCM Health most commonly use HT to address menopause-related symptoms. However, HT can also help with conditions such as endometriosis, premenstrual syndrome, and other gynecologic concerns.

Understanding Menopause

Menopause happens when a woman's ovaries stop producing eggs and produce lower levels of hormones like estrogen and progesterone. Officially, menopause is declared when a woman hasn't had a menstrual period for 12 consecutive months.

Natural menopause typically occurs between the ages of 48-54, but it can happen earlier.

Menopause symptoms may include:

- Hot flashes
- Night sweats
- Vaginal dryness
- Vaginal atrophy
- Decreased libido
- Painful intercourse
- Difficulty reaching orgasm
- Irritability
- Mood swings
- Depression
- Anxiety
- Insomnia
- Poor concentration
- Memory troubles
- Urinary urgency
- Urinary incontinence

Exploring Hormone Therapy Options

If you decide to use HT to manage your menopause symptoms, the caring physicians at CCM Health will work closely with you to find the right medication and dosage tailored to your needs.

HT options include:

- Oral medications
- Topical creams
- Non-Hormonal options
- Skin patches
- Vaginal medication