

MenopauseIQ

Perimenopause & menopause look different for each individual. We help unpack the major symptoms & treatments for each stage.



Overview of Perimenopause & Menopause

In this video course, we dive into the pertinent issues surrounding perimenopause, menopause, and the post-menopausal transition.



Hormone Therapy for Menopause

In this course, experts explain the nuances of hormone therapy and how treatment options impact a variety of menopausal symptoms including hot flashes, genitourinary syndrome of menopause, depression, osteoporosis, cardiovascular health and more.



Vasomotor Symptoms & Hot Flashes

In this course, Dr. Monica Christmas and Dr. Genevieve Neal-Perry talk about hot flashes. You will learn about hot flashes and vasomotor symptoms that occur at the onset of perimenopause into late menopause stages.



The Menopause Transition: Life at Work & Home

Kamili Wilson shares her advice on navigating life at work and home for women nearing and experiencing the menopause transition.



Allyship at Work & Home

In this course, managers, colleagues, and domestic partners will learn the critical impacts of menopause, how to come alongside women going through menopause, and how to offer support.



Osteoporosis & Menopause

In this course, you'll learn about how osteoporosis impacts menopausal women. You'll learn how it's diagnosed, the risk factors involved, and how certain lifestyle choices and other therapies can help.



Genitourinary Syndrome of Menopause

In this course, Dr. Jan Shifren, professor at Harvard Medical School and director of the Massachusetts General Hospital Midlife Women's Health Center discusses Genitourinary Syndrome of Menopause, changes in the vagina and vulva that occur as a result of estrogen deficiency.



The Brain & Menopause: Depression, Mood, Sleep, Cognition

In this course, you will learn how menopause impacts emotional wellness, mood, sleep, and cognition. Learn strategies to improve these areas and practical ways to advocate for yourself when symptoms impact your personal and professional life.



Sexual Health in Menopause

In this course, Dr. Jan Shifren, professor at Harvard Medical School and director of the Massachusetts General Hospital Midlife Women's Health Center discusses sexual health in menopause.



Adjusting Lifestyle for Long-Term Menopausal Risks

In this course our experts provide valuable insights on maintaining cardiovascular health, managing metabolic diseases, optimizing bone density, and enhancing emotional well-being during and after menopause.



Additional Considerations for Transmasculine People

This course addresses the unique considerations and hormone therapy nuances for transmasculine individuals experiencing menopause. Explore topics ranging from hormone therapy, mood fluctuations, bone health, and finding care.

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