

MYTHS vs. FACTS

MENOPAUSE & PERIMENOPAUSE



"What You've Heard vs. What's Real"

MYTH

Menopause symptoms don't last long.

It's all about hot flashes.

You can't get pregnant in perimenopause.

There's no such thing as a menopause doctor.

Hormone therapy is dangerous for everyone.

Once you're in menopause, it's all downhill.

FACT

Symptoms can start up to 10 years before menopause during a phase called perimenopause—and they can continue for years after your last period. Hot flashes, brain fog, mood shifts, and more don't follow a schedule.

Menopause can bring over 34 symptoms, including mood swings, brain fog, sleep issues, and joint pain. It's much more than just hot flashes.

You can. Until menopause is complete (12 months with no period), pregnancy is still possible. If pregnancy is not your goal, it's important to continue using contraception and talk to your provider about safe options during this transition.

There is. Menopause specialists exist—and they're often necessary, because most OB/GYNs get little to no training in menopause care. If you feel dismissed, you're not imagining it. Look for a provider certified by the North American Menopause Society (NAMS).

Hormone therapy (HT) can be safe and effective for many women. The key is using the lowest effective dose with guidance from a trained provider.

Absolutely not. Menopause is a powerful transition—not a decline. For many women, it's a time of clarity, self-prioritization, and renewal. With the right support, this can be one of the most empowered chapters of your life.