

Clarifying Menopause

Women are amazing beings. We navigate our lives through changing, often extreme cycles of hormones. What begins at menstruation, may include a journey through motherhood and then finishes with menopause. Each one of these stages is a continuum with ongoing changes, with some obvious starts and stops. Changes are often described as "symptoms", and some are so common that many women feel that they just need to get through the process and are unaware of the resources that are available.

Menopause is an example of a hard stop. Defined as 12 months since a woman's last menstruation, the term menopause officially ends a woman's reproductive years. What is defined as ONE DAY in a woman's life can be very challenging for so many women. There are changes in a woman's body that are the result of the fluctuations in hormones leading up to (perimenopause) and following (post-menopause) that one day. Most women ride the rollercoaster from ages 45 to 55 years of age. The average age is 51 years old.

Your Care

Comprehensive care is provided in a welcoming environment to support you. We take the time to hear your whole story and offer private, individualized, one-on-one treatment. Our team works hard to provide convenient appointment times to work around your lifestyle, with extended office hours including early mornings and evenings, as well as virtual care opportunities.

EPA and GWAH have a history of developing programs from strong evidence-based research, giving our clients the reassurance that the services and products that we recommend are expected to make positive change.

Contact Information



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Empowering Women through Menopause:

Your Guide to Optimal Health



Common Changes in Menopause

During the continuum of peri and post-menopause, challenges for women include:

- Hot Flashes/Night Sweats (vasomotor changes)
- Brain Fog, Mood Swings, Increased feelings of anxiety or stress (mental changes)
- Vaginal Dryness/decreased sexual desire or libido
- Increased or new incontinence, pelvic pain, prolapse (pelvic floor functional declines)
- Sleep Disturbances
- Changes in Body weight, distribution and self-body images

Women who are experiencing these changes can access many healthcare providers and resources to provide knowledge and tools that will allow them to take charge of their Path to Improved Health. Physiotherapy plays a key role in managing many changes of menopause, however, there are many resources available where scientific evidence shows positive results for peri and post-menopausal women.



Treatment to support Menopause

We are here to help AND connect you to others who can support the challenges of Menopause through our Menopause Collective.

Our team of Registered Physiotherapists is a critical part of your team. We work alongside many other healthcare and fitness providers to support you throughout the continuum of peri, menopause and post-menopause transition.

The Menopause Collective:

Symptoms/ Challenges	Hot Flashes & Night Sweats	Brain Fog, Moods, Mental Capacity	Sleep Disturbance	Vaginal Dryness & Decreased Sexual Intimacy	Incontinence Pelvic pain & Prolapse	Osteoporosis	Heart Disease
HRT, Family Medicine & Specialist	♥	♥	♥	♥	♥	♥	♥
Physiotherapy	♥			♥	♥	♥	♥
Occupational Therapy	♥	♥	♥	♥	♥	♥	♥
Social Work & Psychotherapy		♥	♥				
Dietitian & Mindful Eating	♥	♥	♥			♥	♥
Naturopathic Medicine	♥	♥	♥	♥		♥	♥
Yoga		♥	♥				

Common Questions and Concerns

- Changes in focus at work due to hot flashes?
- Struggling with sleep deprivation?
- Impact on relationships and productivity due to lack of sleep?
- Decreased sexual drive due to vaginal issues or body image concerns?
- Avoiding sexual activity due to incontinence, pelvic pain, or prolapse?
- Interested in preventing menopause-related diseases but unsure where to start?