STEPHANIE J. MEADE, D.O.

MENOPAUSE MEDICINE

Helping women thrive through
the menopause transition and beyond

Welcome to your journey toward thriving in midlife.
Small, evidence-based lifestyle changes—nutrition, movement, sleep, stress management, and social connection—can have a profound impact on your health and wellbeing.

www.drstephaniemeade.com

6 Pillars of Lifestyle Medicine for Menopause

1. **Nutrition** – Eat a balanced, whole-food diet rich in vegetables, fruits, lean proteins, and healthy fats to support overall health and hormonal balance.
2. **Physical Activity** – Engage in regular aerobic and strength-building exercises to maintain bone density, cardiovascular health, and mccle strength.
3. **Sieep Optimization** – Prioritize consistent, restorative sleep to improve mood, energy, and cognitive function.
4. **Stress Management** – Utilize techniques such as mindfulness, meditation, or breathing exercises to reduce stress and support mental wellbeing.
5. **Avoidance of Risky Behaviors**– reng alcohol, avoid tobacco, and practice safe habits to reduce long-term health risks.

Dr. Stephanie's Recommended Resources

Menopause Society
https://menopause.org/

International Menopause Society
https://www.imsociety.org/

International Society for the Study of Women's Sexual Health
https://www.isswsh.org/

Book:
The New Menopause by May Claire Haver