

### Overview:

In “Successfully Managing Menopause,” presented at St. Luke’s Hospital by Dr. Andrew Croak, DO from Partners for Healthy Women, menopausal aspects such as symptoms and management of menopausal onset are discussed.

### Summary:

Dr. Croak details symptoms, irregularities, and abnormalities associated with peri-menopausal and menopausal women in this segment, “Peri-Menopause and Menopause.” Dr. Croak advocates for yearly reproductive health exams and explains some options in Hormone Replacement Therapy (HRT). He supports the importance of reproductive health monitoring through data and studies.

**ODE 9-12 STANDARD 1: *Health; Topic, Reproductive Systems and Cycles***

**ODE 9-12 STANDARD 2: *Science; Course, Human Anatomy and Physiology; Topic, APR.1: Reproductive System***

### Discussion Questions:

1. What do you think is the hardest thing about going through bodily changes?
2. What are some examples of ways that people cope with physical changes during puberty?
3. What are some ways that women experiencing menopause might cope with physical changes?

### Activity:

Ask students to privately monitor and track the following over the course of a week, two weeks or a month: sleep patterns or hours slept, skin issues or breakouts, mood or ability to effectively handle emotional or stressful situations and periods of increased hunger or lack of appetite. Do they notice any patterns? What can they attribute these reactions to? Discuss effective ways to manage these issues.

### Resources:

Why Can’t Teens Wake Up Early For School?: <https://wgte.pbslearningmedia.org>

The Teenage Brain: <https://wgte.pbslearningmedia.org>

Puberty Resources (Addressing concerns and physical changes): <https://www.healthychildren.org>

