

#MoreThanHotFlashes

This conversation is long overdue.

 **let's talk  
menopause!**

Learn more at [LetsTalkMenopause.org](https://LetsTalkMenopause.org)

If you have any of these symptoms, talk to a menopause-informed provider.

**irritability** *hot flashes*  
*palpitations* **anxiety**  
**painful sex** *low libido*  
*joint pain* **sleep issues**  
**period changes** *UTIs*  
*brain fog* **weight gain**

*and more...*