

## **(B-5) Help! I Am Going through Menopause**

With your symptoms, this is a good time to have a complete medical examination by a qualified medical professional.

You should see a gynecologist (they specialize in female disorders) and an endocrinologist (who specializes in glands of the body). You need to start with a gynecologist and get a battery of blood tests done including:

- TSH & Free T4 (Thyroid Stimulating Hormone)
- FSH (Follicular-Stimulating Hormone)
- Estrogen Test (estradiol test)
- Anti-mullerian hormone (AMH): to predict the onset of menopause and/or when a woman is concerned about the related loss of fertility. This test was just approved by the FDA in 2018.
- Blood sugar
- Other hormone tests (progesterone)

**The mind-altering drugs** (dangerous, habit forming, and addictive)

1. Ativan (lorazepam) – anti-anxiety
2. Xanax – anti-anxiety
3. Valium (or any other drugs in the tranquilizer category)
4. Prozac – an antidepressant – shown to cause suicidal thoughts
5. Sleeping pills

**Non-habit-forming helps**

1. Elavil - An old antidepressant, but not habit forming or mind altering. It releases the chemical serotonin which is responsible for keeping one's well-being, Serotonin is usually released by the brain.
2. Benadryl – for sleep – it is a drug also used for allergies
3. Melatonin – a natural sleep aid
4. Valerian Root – not sure of side effects
5. Chamomile tea
6. Warm milk

Lots of Scripture and good old hymn CD's

**Meditation on Scripture**

Philippians 4:4-8

Psalms 42-43

Psalms 91

**Other Helpful Tools and Steps**

Shirley Starr's Book – Anxiety & Fear – Put it in the past

Stop & Think Cards

Do something for others – Phil 2:4

Get outdoors and take a walk each day

Refuse to become isolated – Ask others to pray, Stay in Church

Get up with a game plan of what you are going to do – Idle time is Satan's playground

<https://labtestsonline.org/conditions/menopause> is a good explanation of menopause and what to expect.