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Menopause Resources



CLEAR
MEDICAL
KAUAI, HAWAII



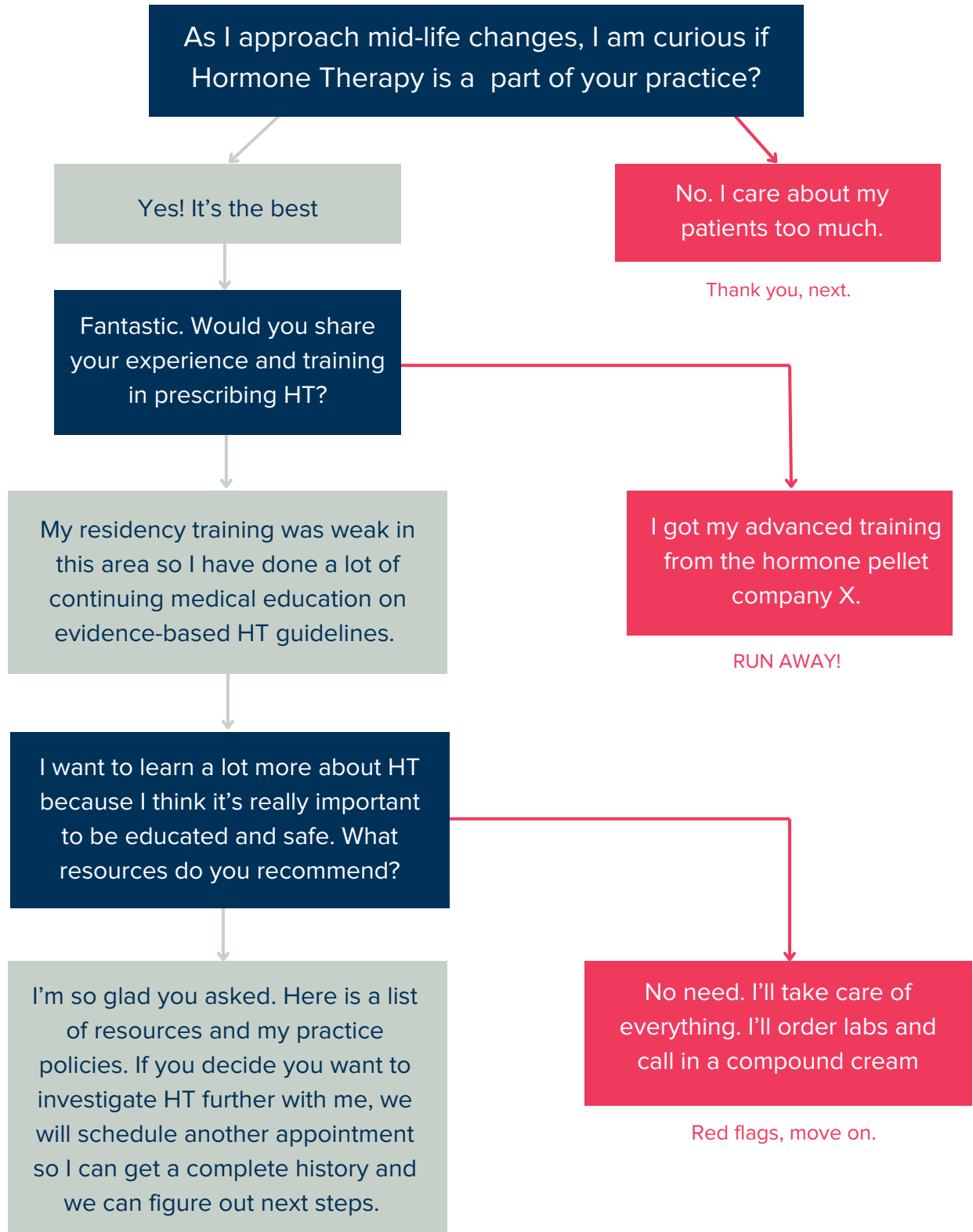
Menopause Transition & Symptoms

Nervous System & Brain Health	Body
<ul style="list-style-type: none">• Anxiety• Burning sensation in mouth/tongue• Depression• Difficulty concentrating/brain fog• Electric shock sensations• Headaches/Migraines• Hot Flashes• Irritability• Memory Changes• Mood instability• Night sweats• Sleep difficulty• Tingling extremities• Tinnitus (ear ringing)• Vertigo	<ul style="list-style-type: none">• Arthralgia – joint aches• Autoimmune disease (new or worsening)• Belly fat• Bloating• Body odor changes• Fatigue• Frozen Shoulder• Muscle aches• Muscle loss• TMJ -temporomandibular disorder• Weight gain

Menopause Transition & Symptoms

Skin & Systems	Cardiovascular & Sexual Health
<ul style="list-style-type: none">• Acne• Brittle nails• Dry skin, mouth, eyes• Eczema• Itchy ears/itchy skin• Thinning hair• Thinning skin• Unwanted hair• Wrinkles• Vertigo• Acid Reflux• Asthma• Insulin resistance	<ul style="list-style-type: none">• Increased cholesterol• Heart palpitations• Breast Tenderness• Decreased desire/Libido• Dry vagina• Incontinence• Menstrual cycle irregularities/changes• Pain with intercourse• Urinary tract infections

Decision Tree for Finding a Hormone Therapy Provider



HISTORY & SYMPTOMS

Date: _____

Age: _____

Last Menstrual Period: _____

Uterus: _____

Ovaries: _____

Breasts: _____

Pregnancies: _____

Births: _____

Surgeries: _____

Birth Control: _____

Severity/# Per Day	Symptom	Onset/ Timing	Goal/Outcome
	Sleep		
	Hot Flashes		
	Night Sweats		
	Vaginal Dryness/Painful Intercourse		
	Brain Fog		
	Body Aches		
	Fatigue		
	Weight Gain		
	Mood		

HISTORY & SYMPTOMS

Date	History		Goal
	Exercise		
	Diet		
	Smoking		
	Alcohol per week		
	Medications/Supplements		
	Allergies		
	Current PCP		
	Mammogram		
	PAP		
	Cholesterol Panel		
	Other		
	Colonoscopy		

HISTORY & SYMPTOMS

Date	History		Goal
	Medical History		
	Family History		
	Cancers		
	Heart Disease		
	Fractures/ Osteoporosis		
	Bood Clots		

Menopause ToolKit

LIFESTYLE ESSENTIALS

- Sleep – 65-69 degrees, 8 hours average
- Fiber – 25+ grams daily
- Protein- 0.5-1 gram per pound (30-40 grams 3-4 meals per day)
- Vit D- get it checked! 5000 IU D3 daily supplement
- Low Stress
- Strength training 3 x per week minimum
- Meals: Greens/Vegs-Protein-Healthy Fat (Daily cruciferous veggies)
- Unrefined, Unprocessed, no added sugar
- Magnesium L-Threonate or Glycinate
- Omega 3 essential Fatty Acids
- Maintain a healthy weight
- No Alcohol



Menopause Society
<https://menopause.org/>



Breast Cancer Risk Tools:
<https://tools.bcsc-scc.ucdavis.edu/AdvBC6yearRisk/#calculator>



bcrisktool.cancer.gov



Menopausal Hormone Replacement Therapy and Reduction of All-Cause Mortality and Cardiovascular Disease: It's About Time and Timing
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9178928/>

Menopause ToolKit Videos

Brain Health



**The Menopause Doctor: This Diet Delays Menopause!
Menopause Is Shrinking Your Brain! Dr Lisa Mosconi**
<https://www.youtube.com/watch?v=Cgo2mD4Pc54>



**The Exercise Neuroscientist: The Shocking Link Between
Exercise And Dementia!**
<https://www.youtube.com/watch?v=5o-tRub-0pQ>

Muscle Health



**The Healthy Ageing Doctor: Doing This For 30s Will Burn More
Fat Than A Long Run! Dr Vonda Wright**
<https://www.youtube.com/watch?v=D6wTuogebU8>

Menopause



The M Factor: Shredding the Silence on Menopause
<https://www.pbs.org/video/the-m-factor-shredding-the-silence-on-menopause-uwesx6/>

Hormone Therapy on Kauai



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