

PERIMENOPAUSE,  
MENOPAUSE and  
MENTAL HEALTH

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**JUDY GARDINER**

**Nurse Practitioner**

**Women's Clinic Medical Director**

**Brought to you by Mission Empowerment**

# Menopause & Mental Health



## NP JUDYG: A BRIEF BIO



### EDUCATION

- Conestoga College x 2
- Metropolitan University
- Athabasca University
- Menopause Society
- Harvard School of Medicine
- Queen's University
- Cdn Headache Society
- Int'l Menopause Society



**Judy Gardiner**  
Midlife Health Nurse Practitioner

**AWARDS**  
Healthcare Inspiration  
Exceptional Care  
Heart Disease Clinic (NP Lead)



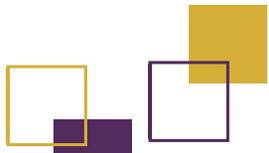
### CAREER

RN 2004-2019

- SGH ED
- SGH ED Charge Nurse
- Project Lead +++

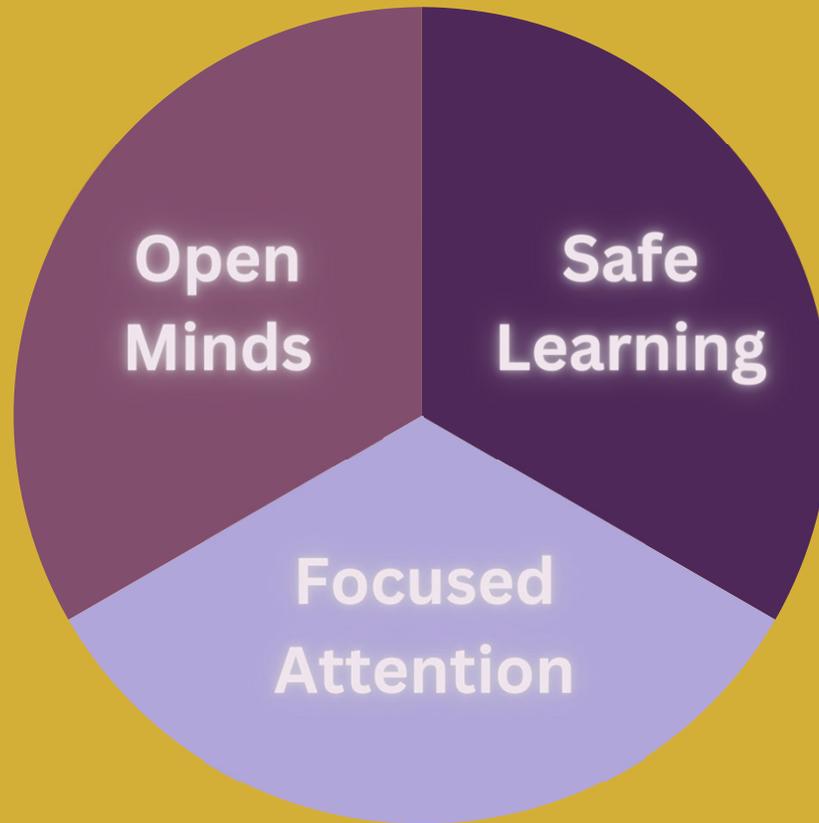
NP 2019-

- Primary Care
- Heart Disease
- Men's & Women's Midlife Health
- National Menopause Show
- CEP Menopause Tool Expert Group Member
- Founder 2 Midlife Health Clinics
- Education & Advocacy





# SETTING THE SPACE



DISCLOSURE



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# THE OVERVIEW



**NATURAL**

**INDIVIDUAL**

**PROFITABLE**





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# THE CONNECTEDNESS



CULTURAL

BIOLOGICAL

PSYCHOSOCIAL





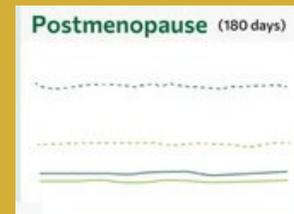
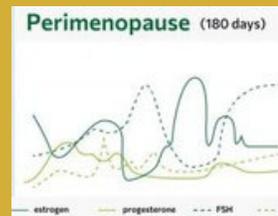
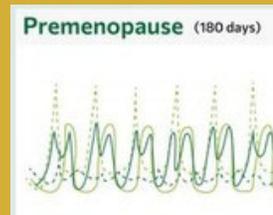
# THE STAGES OF MENOPAUSE

## PERIMENOPAUSE

I just don't feel like myself

**HORMONAL CHAOS**

**DISRUPTIONS IN SEVERAL  
PARAMETERS OF  
HEALTH AND WELLNESS**



## MENOPAUSE

I've never been happier

**HORMONAL CONSISTENCY**  
(lower than  fertile years)

**DISRUPTIONS SETTLE BUT  
CHRONIC DISEASE  
PROGRESSES**



## SYMPTOM RELIEF

### THERAPIES

- counselling
- therapy: CBT-A, CBT-i, DBT
- physiotherapy, osteopathy,
- light therapy
- acupuncture



### MEDICATIONS

#### Hormone Therapy

- systemic vs local
- estrogens & progestogens
- sexual health medications
- birth control vs MHT
- compounded



#### Non-Hormone Therapy

- SSRIs/SNRIs
- Gabapentinoids
- NK3RAs
- DORAs





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# SYMPTOM RELIEF

## PROCEDURES



## SURGERIES





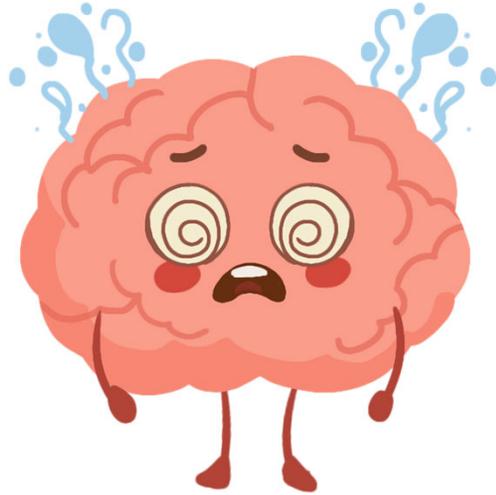
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# BRAIN CHEMISTRY

MENOPAUSAL CONSIDERATIONS

STRESS



ESTROGEN

SEROTONIN

DOPAMINE

TESTOSTERONE

SUBSTANCE  
USE



CAUTION: AVOID BLAMING EVERYTHING ON MENOPAUSE. THERE ARE MANY, CAUSES FOR SYMPTOMS THAT OVERLAP W MENOPAUSE





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# CHECK-IN & BREAK





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# BEYOND SYMPTOMS: ZOOM OUT

## Childhood

The influence and lens of our past



## Culture

The influence and lens of our environment



## Mindset

The influence and lens we choose now



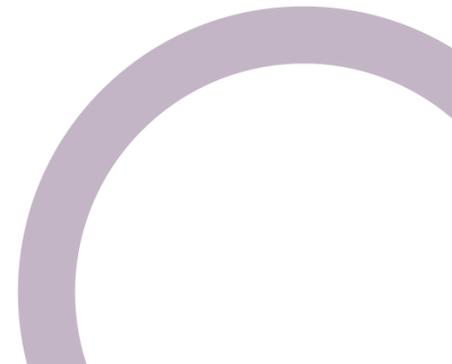


# THE IMPORTANCE OF MINDSET

Profoundly affects the way we experience the world.

Women's Health: traditionally emotional, psychological, and physical health ignored in favour of unachievable servitude

Turmoil throughout the lifespan worsens in the midlife transition





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inferior  
ugly  
fat  
dumb  
moody

PERIMENOPAUSE



MORE inferior  
uglier  
fatter  
dumber  
moodier



# THE IMPORTANCE OF MINDSET

Many menopausal Women reject traditions and prioritize emotional, psychological, and physical health.

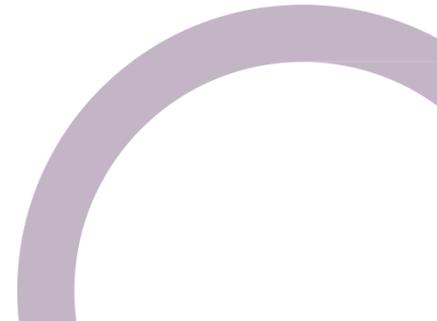
inferior  
ugly  
fat  
dumb  
moody

**STRIVE**



HCPs

*capable  
beautiful  
healthy  
intelligent  
passionate*





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# FOUNDATIONS OF HEALTH

SIGNIFICANT INFLUENCES

sleep

exercise

nutrition

purpose

connection

STRESS  
mgmt

Nothing replaces these  
All Care Plans are Better with these  
Many Care Plans are ONLY thes





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# FOUNDATIONS OF HEALTH

SIGNIFICANT INFLUENCES

Education

Quality

Quantity

Timing

Rest





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# PROVIDERS AS ADVOCATES





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# NAVIGATING PROVIDERS

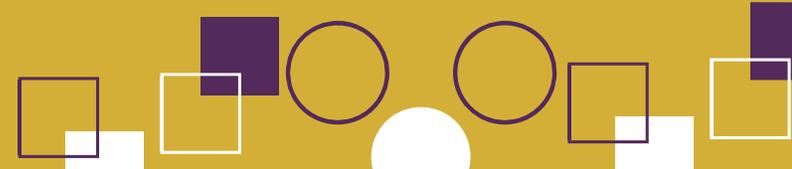
PROVIDERS AND INFLUENCERS ARE OFTEN PROFITEERS

MULTIDISCIPLINARY CARE IS REQUIRED BUT WITH CAUTION

DO NOT TRUST  
simply because of a credential or education.

DO NOT RELY  
solely on medications and supplements

unreasonable, excessive, or unfair profits, typically by charging high prices for essential or scarce goods/services





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# FINAL PERSONAL REMARKS

## THE MENOPAUSE TRANSITION



natural, not pathological  
a journey of privilege  
a phase of opportunity  
multifactorial



WE CAN serve our families/communities AND look after our health.

The time is now for us to  
Educate 📖 Advocate 📣 Pivot

WE STRIVE TO THRIVE AND WE DO IT TOGETHER





# QUESTION & ANSWER

no personal medical advice questions please



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