DR. Starlyn Hawes

Mindfully BALANCING WELLNESS

UW Medicine

OSHER CENTER FOR INTEGRATIVE HEALTH

Facilitating your MPowered Peri~Menopause®

05.09.25

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Dr. Starlyn Hawes- MPowerment Health Coach + Consultant + Speaker

Mindfully Balancing Wellness- Therapy Practice

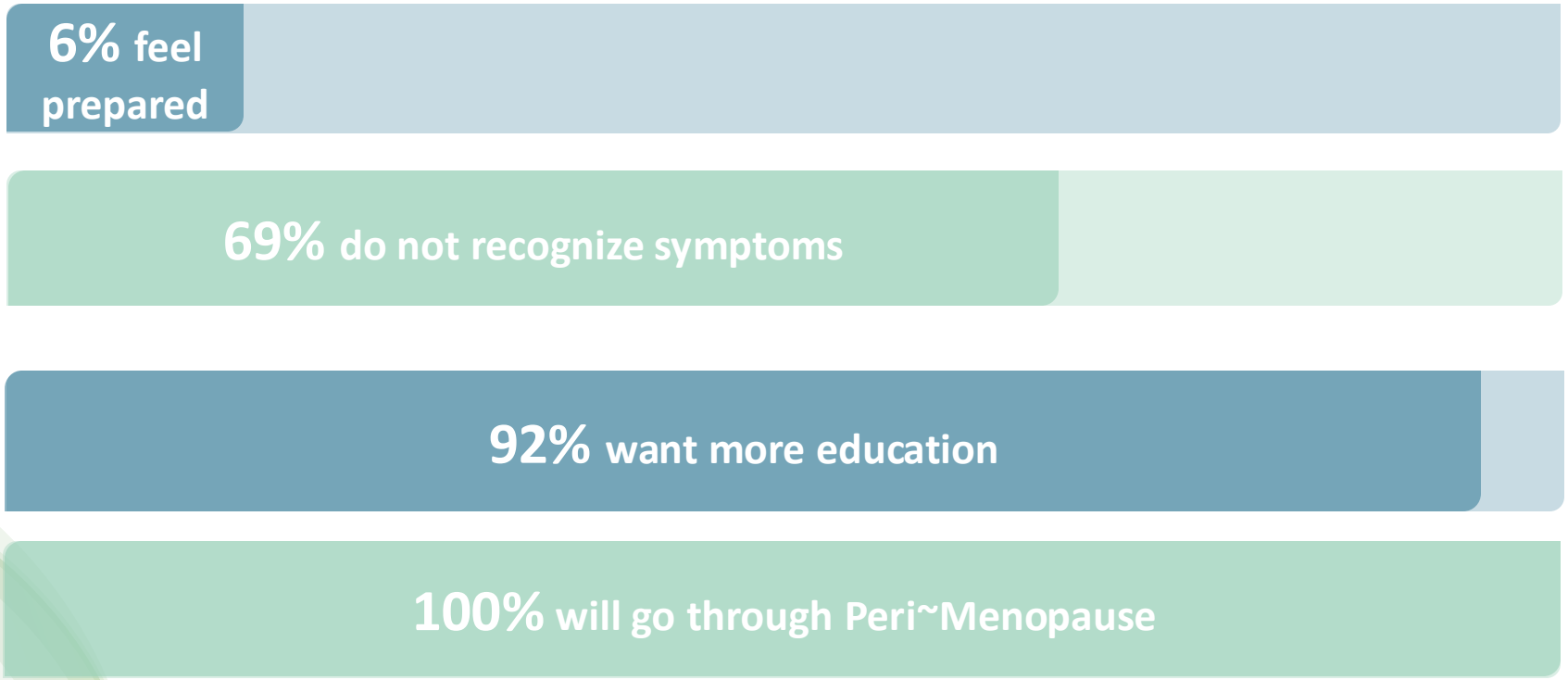
Disclaimers

- This talk is for informational purposes only and does not contain therapy, medical, or clinical advice. Although several strategies are mentioned in this presentation, people should seek out medical advice specific to them. As always, please contact your physician or qualified healthcare provider with any questions regarding your health.
- This talk occurred on 05.09.2025. As such, please be aware that if watching this years later some information may no longer be considered current.
- This presentation aims to be inclusive and respectful of all identities and experiences. Any unintentional omissions or generalizations are not meant to exclude or minimize anyone's experience.

Please note: There were a few internet connection issues during this recording. To support clarity, a few clarifications have been added and denoted with an asterisk*

Peri~Menopause: Our missing health education

…also known as the transition from perimenopause to menopause (the menopause transition)



https://hellobonafide.com/pages/state-of-menopause-2022 and their 2023 and 2024 findings.

Priscilla Du Preez on Unsplash

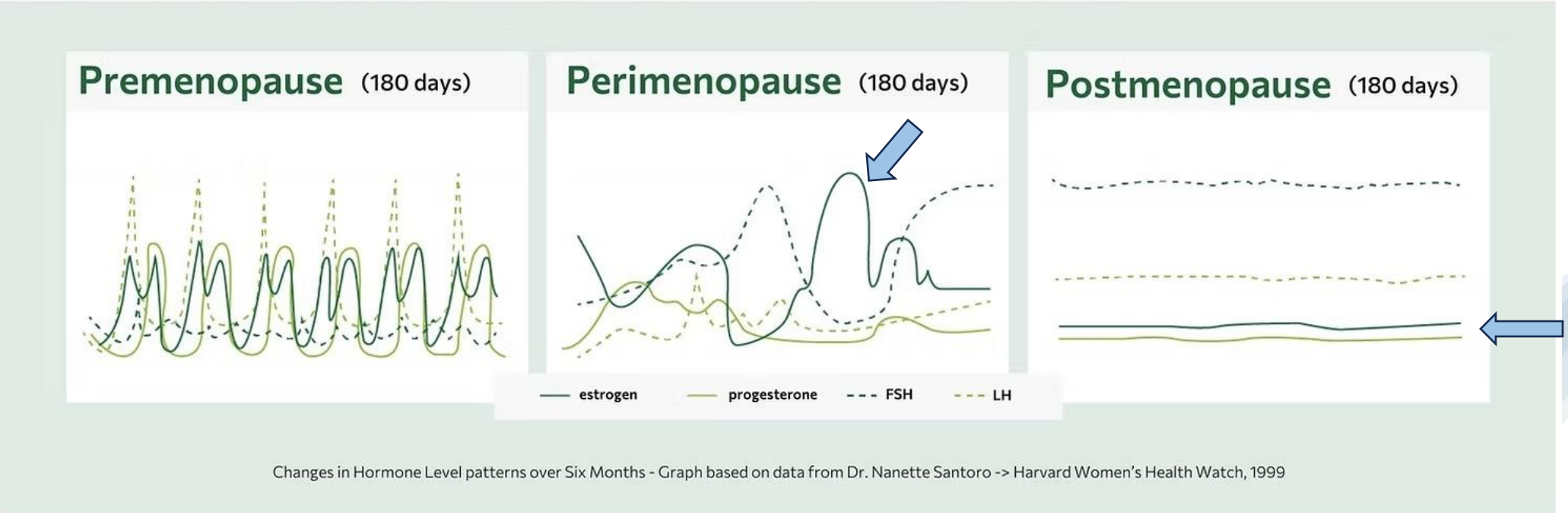
Speaking of Peri~Menopause

...Imagine this

Roadmap for today…

- Understanding what's happening to your body and mind during perimenopause and menopause
- Exploring how race and culture influence this experience
- Mental health, work, relationship, and health care considerations
- Self-care and self-advocacy strategies

Navigating Peri~Menopause…



Changes in Hormone Level patterns over Six Months - Graph based on data from Dr. Nanette Santoro -> Harvard Women's Health Watch, 1999

Perimenopause: the time leading up to menopause. Regular and irregular periods occur during this time.
Menopause: 12 consecutive months without a period.
Once this occurs menopause, also referred to as postmenopause, is for the rest of your life.

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Our reproductive transition from puberty to menopause is a natural process…

Suffering is not

Biopsychosocial model of the menopause transition

…interconnected and bidirectional

Biological

- Genetics
- Ethnicity
- Medical history
- Hormone changes
- Menstrual changes
- Peri~Menopause symptoms

Psychological

- Mental health history
- Beliefs and attitudes (in general and towards aging)
- Self esteem
- Values
- Life plans

Social

- Family
- Work
- Support network
- Stress
- Lifestyle
- Cultural beliefs
- Access to care

*some biological symptoms are subtle like how your body handles insulin

*brain fog/cognitive fatigue can impact how you show up at work and at home

https://doi.org/10.63001/tbs.2024.v19.i02.S.I(1).pp151-153

The role of race and culture in Menopause…

- Average menopause onset 45-51
  - Black 48-50
  - Latina 49
  - Asian 48-51
  - Native American likely less than 51
  - White 51
- Types of symptoms
  *Asian: Muscles, joints, and heart
- Severity of symptoms
  - Native American, Black, and Latina
- Cultural beliefs

PMID: 29939603
https://doi.org/10.1186/s40695-022-00073-y
doi: 10.1097/GME.0000000000002349
https://doi.org/10.1016/j.maturitas.2005.03.012
https://pmc.ncbi.nlm.nih.gov/articles/PMC2939134/

Kari Shea on Unsplash

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Mental Health Considerations…

History of mental health conditions

No history of mental health conditions

Why is this important to know?

doi: 10.1177/10398562231165439
doi: 10.2147/ijwh.s7155

Self care considerations…

*Earlier we talked about the biopsychosocial model…

- Fixed factors
  - Age…
- Modifiable factors
  - Nutrition…
  - Menopause transition informed providers
- Curiosity can be helpful
- Remember your strengths

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Amauri Mejia on Unsplash

What makes Peri~Menopause a challenging season of life?

…also known as the transition from perimenopause to menopause (the menopause transition)

- Often at the peak of career
- Raising children
- Caring for aging parents

80% feel like a burden to their family

~Feel free to pause and take a moment to reflect

https://www.raw-marketing.co.uk/portfolio/family-law-menopause-project/

Workplace considerations…

79% concerned about sleep issues

78% struggling with brain fog, concentration, and memory

- **1** in **4** hesitant about…
- **1** in **3** reduced or considered reducing…
- **2** in **5** considered changing or changed…

https://hellobonafide.com/pages/state-of-menopause-2024
https://swhr.org/wp-content/uploads/2024/03/FINAL-Menopause-Workplace-Fact-Sheet-02012024.pdf

Work-related self care strategies…

Prioritize Sleep

Raquel Cruz on Unsplash

⇧ Before and ⇩ After remodel

Frames For Your Heart on Unsplash

Partner Support…

- Support from your partner can be…priceless
- Where has the person I have known for all of these years gone!?!
- A few pearls of data

73% not aware menopause challenged relationship

  - **1** in **5** sought support

https://www.raw-marketing.co.uk/portfolio/family-law-menopause-project/

Strategies for asking for support…

Learn about the menopause transition

For Those Who Are Not Partnered:
Many of these strategies can still apply to your friends and family who are supporting you. They can also help you feel heard and understood.

Navigating Doctor's appointments…

- Empowered Preparation:
  - Track symptoms
- Tips for a more empowered appointment:
  - Be curious

*You deserve care that sees you, listens to you, and supports you. Keep seeking that care—because it's out there, and you're worth it!

Sixteen Miles Out on Unsplash

Thank you and remember…

1. The menopause transition is **unique** to each person
2. You do not have to navigate this **journey** alone
3. You deserve care that is **thoughtfully tailored** to your needs

*If you'd like to connect, learn more, or enter care, I have included my contact information here:

www.drstarlynhawes.com
Coaching + Speaking: Available Nationwide

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Therapy: Offered in 42 states