



## Addressing Menopause Symptoms Can Take Time and Patience

*“You don’t really know when perimenopause hits. I couldn’t fall or stay asleep, my heart raced at night, I became super emotional and dealt with dozens of daily hot flashes. It wasn’t until I shared all this with my doctor that she started to make sense of it all!”*  
- 47-year old patient

**Menopause** -- the time when a woman’s menstrual periods stop permanently -- usually occurs naturally at an average age of 51 although surgery or the use of certain medications can make it happen earlier. Starting the years or months prior, many women experience symptoms such as hot flashes, night sweats, difficulty sleeping, rapid heart rate and/or emotional swings.

When it comes to treatment, in addition to conventional and bioidentical hormone therapy,

women are trying complementary health approaches such as hypnotherapy, meditation and acupuncture, along with natural products like black cohosh, dong quai and phytoestrogens. It’s important to share with your provider everything that you’re taking – including supplements – as they can impact your treatment plan.

Your Desert West provider has seen it all and heard it all. He/she will start by listening to your experiences and symptoms, running any needed tests and then explaining options to address your specific experience. It’s a process that often takes a while to find the right combination to optimize your well-being during this time of transition. Be patient and keep the lines of communication open. You will get to the finish line!



*Pictured are six of the seven skilled, certified and experienced DWOG ultrasound techs who work together to make it a great experience for each patient.*

## Counting Down to the Opening of Our New Flagship Office

The arrival of 2020 brings us nearer to the grand opening of our new Glendale office on the northeast corner of 67th Avenue and Thunderbird Road. The 16,000 square foot building will replace the Eugie Avenue office.

“With an estimated opening in early June, our plan is to move over two weekends so that we aren’t disrupting patient care,” said Cindy Bowen, Desert West administrator.

While the Eugie office served the practice well for decades, the new location will offer a more comfortable and welcoming environment, in-office laboratory services, large ultrasound rooms to accommodate family members, private space for nursing moms and separate areas for each physician’s care team. Patients and their guests will also have access to iPhone charging stations, free guest Wi-Fi and ample and convenient parking.

Watch for additional updates in the months ahead.

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