

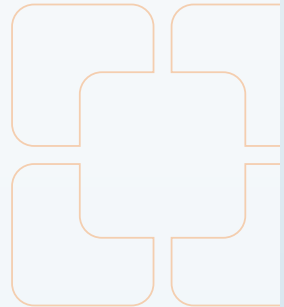



Menopause Program

The conversation about
menopause starts here.



Cleveland Clinic
Canada





You can't pause
menopause.
But you can
take control of it.

Backed by over 100 years of clinical excellence, our Menopause Program combines world-class expertise, evidence-based care, and personalized support to help women thrive during this important stage of life.

Personalized care for every woman's journey.

Unlike typical programs that last only three to six months, our nine-month program provides the ongoing care and support women need to achieve meaningful, lasting results.



Guided by a
Menopause
Society-certified
Physician

The program integrates advanced diagnostics, a multidisciplinary care team, and wearable technology to provide a comprehensive view of your health and a personalized plan designed just for you.

Your care begins with a complete picture of you.

Your program starts with an in-depth menopause assessment with a physician, registered dietitian, and exercise specialist. We review your medical history and explore your physical, emotional, and cognitive changes.

We leverage advanced testing and diagnostics to understand your current state of health. Testing may include:

- + Comprehensive blood panel
- + DEXA Scan
- + Electrocardiogram (ECG)
- + VO₂ Max Test

Testing is customized to the individual's needs. These insights help form the foundation of a personalized plan that manages your symptoms and optimizes your lifestyle.

Technology that listens to your body.

As part of the program, you'll receive an Oura Ring with a one-year subscription, which offers continuous biometric monitoring between visits. Combined with ongoing guidance from a physician and a dietitian, you'll have data to help support entire your journey.

OURA

Data to help support:

Sleep Quality

Stress Management

Menstrual Tracking

Cycle Insights

Daily Movement



Oura Ring 4

Support that doesn't stop at the first visit.

Throughout the nine months, you'll meet regularly with your physician and registered dietitian to assess progress and refine your plan as needed, as well as optimize wellness and protect your long-term health. Our goal is to provide you with the guidance and tools necessary to thrive in the next chapter of your life.

Topics include:

Symptom Management	Strategies include hormonal and/or non-hormonal treatments to mitigate your menopause symptoms.
Neuroprotection & Brain Health	Practices and foods to protect brain health during the menopause transition and beyond.
Stress Management & Sleep Hygiene	Techniques to manage stress and improve sleep quality.
Heart & Metabolic Health	Nutritional and fitness guidance for maintaining energy and supporting cardiovascular and bone health.
Inflammation	Guidance on foods and supplements that can reduce inflammation and support overall health.

A team of specialists when you need them.



If additional support is needed, we will connect you to our network of world-class specialists, including but not limited to:

+ Cardiology

+ Dermatology

+ Sports Medicine

+ Pelvic Floor Physiotherapy

+ Massage Therapy

+ Mental Health

Because menopause deserves world-class care.

As one of the world's leading nonprofit academic medical centers, Cleveland Clinic is recognized globally for its research, innovation, and patient care.

In 2024, Cleveland Clinic furthered its commitment to women's midlife health with the launch of the Women's Comprehensive Health and Research Center, co-founded with health advocate Maria Shriver. This initiative advances care and research for women in perimenopause, menopause, and beyond.



Contact us today at:

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clevelandclinic.ca