

# Berman Women's Wellness Center Launches Initiative to Address Menopause Openly

*Breaking Stigmas and Encouraging Open Conversations About Hormonal Health*

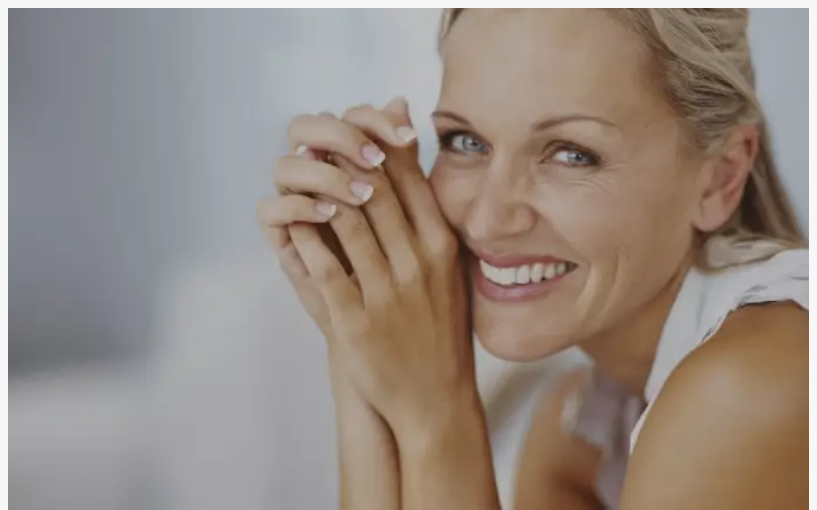
BEVERLY HILLS, CA, UNITED STATES, October 10, 2024 /EINPresswire.com/ --

The Berman Women's Wellness Center, led by renowned women's health expert Dr. Jennifer Berman, is spearheading a movement to bring the conversation about menopause into the open. For too long, menopause has been a taboo subject, whispered about behind closed doors and often leaving women to navigate its challenges in isolation. Dr. Berman believes that by breaking the silence and providing accessible care, women can feel empowered to take control of their hormonal health.

Menopause is a natural life transition that every woman will experience, yet it remains stigmatized. Physical symptoms like hot flashes and night sweats are well-known, but the emotional toll menopause can take is often left out of the discussion. The Berman Women's Wellness Center aims to change that narrative and encourage women to seek the support they deserve during this important phase of life.

## The Mental Health Impacts of Menopause

Menopause, typically occurring between the ages of 45 and 55, is most commonly associated with physical symptoms such as hot flashes and night sweats. However, the emotional and psychological impacts, including mood swings, anxiety, and depression, are less discussed. The



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drop in estrogen levels can severely affect neurotransmitters in the brain, leading to increased stress and emotional imbalance.

“Mental health during menopause is often overlooked, but addressing these challenges is key to maintaining overall wellness,” said Dr. Jennifer Berman, founder of The Berman Women’s Wellness Center. “Women should never feel ashamed or dismissed when they seek support.”

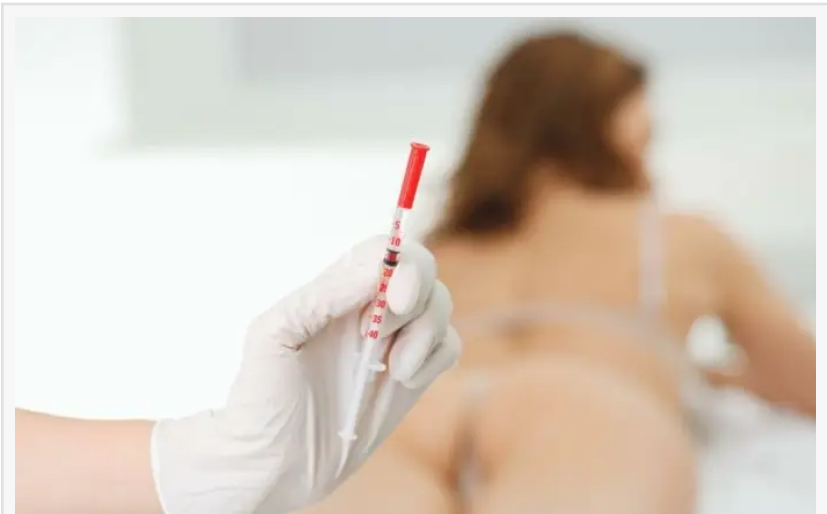
Studies show that women are at a higher risk of developing depression during menopause, yet the conversation around emotional well-being during this time remains limited. Dr. Berman aims to change this by encouraging women to seek help early and explore comprehensive treatment options.

#### Bio-identical Hormone Therapy: A Personalized Approach

For women struggling with menopause symptoms, Bio-identical Hormone Therapy (BHT) offers a potential solution. Unlike synthetic hormones, BHT is chemically identical to the hormones naturally produced by the body, offering a more natural alternative for some women.

Dr. Berman has seen a growing interest in BHT, especially for alleviating symptoms such as mood swings, sleep disturbances, and anxiety. By restoring hormonal balance, BHT may also help with emotional symptoms like anxiety and depression.

“Every woman’s experience with menopause is unique,” Dr. Berman explains. “That’s why it’s



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important to explore individualized treatment plans. Bio-identical Hormone Therapy is one option that has worked for many of our patients, but it's always about finding the right fit for each person."

While BHT has shown benefits such as reducing the risk of osteoporosis and improving overall quality of life, it may not be suitable for everyone. Dr. Berman and her team conduct thorough consultations to assess whether BHT is the best option for each individual's needs.

### Empowering Women Through Education and Support

The Berman Women's Wellness Center is dedicated to educating women about menopause and offering comprehensive care that goes beyond medical treatments. Nutrition, exercise, and stress management are also key aspects of the center's holistic approach.

Dr. Berman advocates for a cultural shift in how menopause is viewed and discussed. "For far too long, menopause has been treated as a taboo subject. It's time we talk openly and honestly about what women experience and how they can regain control over their health," she says.

### About The Berman Women's Wellness Center

The Berman Women's Wellness Center in Beverly Hills offers comprehensive, personalized care for women's health and wellness. Founded by Dr. Jennifer Berman, the center specializes in hormonal health, mental wellness, and advanced medical treatments such as Bio-identical Hormone Therapy. Our multidisciplinary approach ensures that women receive tailored care at every stage of life, addressing conditions like menopause, sexual health, weight loss, and more.

### Take Control of Your Health

To learn more about how we can support you through menopause and beyond, visit Berman Sexual Health or call us at (310) 772-0072.

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