"After years
of suffering
25 hot flashes
a day...

- Diane, Menopause Patient

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...a menopause
specialist
offered the right
solution for me."

- Diane, Menopause Patient

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300 x 250



Make **midlife** your best life with our nationally certified menopause specialists.

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Make **midlife** your best life.

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For years, Diane suffered 25 hot flashes and night sweats a day. Our menopause specialists offered the quick relief she needed.



Diane, Menopause Patient

Alleviate Hot Flashes Fast

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From controlling hot flashes to weight management to sexual health…learn the latest tips for making midlife your best life.

Conquering Menopause
Watch our video

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"Diane - Menopause" :30 Radio

DIANE:      For 3 years, I had 25 hot flashes a day.

ANNCR:      Diane, a patient in Spectrum Health's Midlife, Menopause &
            Sexual Health program.

DIANE:      I was miserable…until I found a menopause specialist at
            Spectrum Health who helped me right away.

ANNCR:      As leaders in women's health, Spectrum Health has
            unique expertise in the physical, hormonal and emotional factors
            that play a role as you age.

            Make Midlife your best life. Watch our videos and learn
            more at SpectrumHealth.org/menopause.