



# Coastal Medical Clinic



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Surfside Beach, SC



Allen Smolenski, MD

***Menopause* can be the greatest time of your life! But for so many, menopause is dreaded and for good reason. Symptoms such as hot flashes, night sweats, palpitations and weight gain can be debilitating.**



The average age of menopause is 50. However, women can experience menopause-related changes as early as 30. The stage leading to the

eventual end of menses, called Peri-menopause, can last anywhere from 6 months to 10 years. During Peri-menopause and Menopause many women experience hot flashes, night sweats, weight gain, mood swings, anxiety/depression, poor sleep, irritability, vaginal dryness, memory problems and other symptoms that tax the quality of life.

Remember the days when you woke up with energy and without aches from a good night's sleep? Remember when you were happy with your weight, hair and skin? Do you remember when you used to be motivated and enthusiastic? The "Good Ol' Days" are possible to attain TODAY.

Dr. Allen Smolenski, a diplomate of the American Academy of Anti-Aging Medicine can put together a profile and treatment program just for you to restore hormone balance with Nutrition and Bio-Identical Hormones using the latest in medical research.

**Call (843) 477-1602 For An Appointment**

## **Signs of Hormone Imbalance in Women:**

- Do you have hot flashes, night sweats or difficulty sleeping?
- Do you have Mental Fogginess?
- Has your Self-Image lessened?
- Have you lost Energy and Stamina?
- Have you noticed increased Anxiety, Depression or Tearfulness?
- Does your back and joints ache?
- Dry skin and your breasts sagging?
- Have you noticed a recent increase in breast tenderness or water retention?
- Do you have Heart Palpitations?
- Do you have low libido, vaginal dryness or urinary incontinence?