

Hormonal Health Month: Menopause, Midlife and Men's Wellness



Understanding Midlife Hormonal Changes: Menopause and Andropause

Hormones are tiny messengers in your body that tell your cells what to do. Think of them as text messages traveling through your blood, giving instructions to different body parts. They control many important things like how fast you grow, your energy levels, your mood, how well you sleep and when you feel hungry.

Your hormones change a lot throughout your life. When you're a kid and teenager, hormones help your body grow and develop into an adult. During your 20s, 30s and early 40s, your hormone levels stay fairly steady. But once you reach your mid-40s and 50s, they naturally start to decrease. For women, this triggers menopause, when menstrual periods stop and hormones like estrogen decline. For men, testosterone slowly goes down in a change called andropause. These hormone changes can make you feel tired, moody, or affect your sleep and body weight. The good news is this is completely normal, and doctors can help you manage these changes.

Understanding Women's Menopause

Menopause is when a woman's body stops producing reproductive hormones, usually happening between the ages of 45 and 55. Before menopause happens, there's a period called perimenopause that can start up to 10 years earlier, when hormone levels start changing. During this time, women often experience hot flashes (sudden feelings of heat), night sweats, trouble sleeping, mood changes, brain fog and joint pain.

Understanding Men's Andropause

Men also experience hormonal changes as they age, often called "male menopause" or andropause. Beginning around age 40, men's testosterone levels naturally drop about 1% each year. Men experiencing andropause may experience noticeable symptoms including low energy, reduced libido, loss of muscle, weight gain, mood swings, depression, trouble concentrating and sleep problems.

Source: [Mayo Clinic](#)

Tips for Managing Hormonal Shifts

Making healthy lifestyle changes and getting the right medical support can help you manage hormonal shifts during menopause and andropause. Here are some practical tips to help you feel better:

Exercise and Movement:

- Aim for at least 30 minutes of activity most days.
- Try walking, swimming, biking or dancing.
- Add strength training 2-3 times per week (weights, resistance bands or body-weight exercises).

Eat Well:

- Focus on fruits, vegetables, whole grains and lean proteins.
- Limit processed foods, sugar and excess salt.
- Reduce caffeine and alcohol, which can trigger hot flashes and sleep problems.
- Stay hydrated by drinking plenty of water throughout the day.

Improve Your Sleep:

- Go to bed and wake up at the same time every day.
- Keep your bedroom cool, dark and quiet.
- Avoid screens like your phone, TV or computer
- Try relaxation techniques like deep breathing or meditation.

Manage Stress:

- Spend time doing activities you enjoy.
- Connect with friends and family regularly.
- Practice mindfulness, yoga or meditation.
- Talk to a counselor or therapist if you're feeling overwhelmed.

Talk to Your Healthcare Provider About:

- **For Women:** Hormone therapy (HT) to replace estrogen and progesterone (most effective when started before age 60 or within 10 years of menopause).
- **For Women:** Non-hormonal medications like certain antidepressants if you can't or don't want hormone therapy.
- **For Men:** Testosterone replacement therapy (gels, patches or injections) if your levels are clinically low.
- **For Everyone:** Regular health screenings and blood tests to monitor your hormone levels.

Hormonal changes are natural and manageable. Seeking help is a sign of taking charge of your health, not a weakness. You don't have to suffer in silence — support and treatment options are available.

Source: [John Hopkins Medicine](#)

Midlife Preventive Care

Your 40s, 50s and 60s are important years for staying healthy and preventing future illnesses. Going to the doctor for regular checkups and preventive tests can help you find health problems early when they're easier to fix. Start by seeing your doctor once a year for a physical exam where they check your blood pressure, weight and overall health.

Age	Screening/ Preventive Care	Frequency/Details
40-49	Blood Pressure	At least once every 2 years if normal; more frequently if elevated
	Cholesterol	Every 4-6 years; more often if risk factors present
	Diabetes (Type 2)	Every 3 years if overweight/obese; otherwise based on risk factors
	Eye Exam	Every 2-4 years
	Skin Cancer Screening	Annual self-exam; professional exam as needed
	Mammogram (Women)	Every 1-2 years starting at age 40-45 (varies by guidelines)
	Pap Smear (Women)	Every 3 years; or HPV test every 5 years (ages 30+)
	Prostate Screening (Men)	Discuss with doctor starting at age 45-50 based on risk factors
50-59	Colonoscopy	Starting at age 45; every 10 years if normal
	Blood Pressure	At least once per year; more frequently if elevated
	Cholesterol	Every 4-6 years; more often with risk factors or medications
	Diabetes (Type 2)	Every 3 years; annually if prediabetic
	Colonoscopy	Every 10 years if normal; more frequently based on findings
	Mammogram (Women)	Every 1-2 years
	Pap Smear (Women)	Every 3 years until age 65; or HPV test every 5 years
	Prostate Screening (Men)	Discuss PSA test with doctor; individualized approach
	Bone Density (Women)	Consider at age 50 if risk factors are present; standard at 65
	Eye Exam	Every 2-4 years; annually if diabetes or family history of eye disease
60-69	Lung Cancer Screening	Annual low-dose CT if 50-80 with 20+ pack-year smoking history
	Shingles Vaccine	At age 50 (two-dose series)
	Blood Pressure	At least once per year; more frequently if elevated or on medication
	Cholesterol	Annually or as directed by physician
	Diabetes (Type 2)	Every 3 years; annually if prediabetic or diabetic
	Colonoscopy	Every 10 years if normal; can stop at age 75 if previously normal
	Mammogram (Women)	Every 1-2 years through age 70+
	Bone Density (Women)	At age 65; then every 2 years or as recommended
	Abdominal Aortic Aneurysm (Men)	One-time ultrasound screening for men ages 65-75 who have ever smoked
	Prostate Screening (Men)	Discuss with doctor; typically stops at age 70 unless high risk
	Eye Exam	Every 1-2 years; annually for those with diabetes or glaucoma risk
	Hearing Test	Baseline at age 60; then every 3 years
	Lung Cancer Screening	Annual low-dose CT if smoking history meets criteria
	Fall Risk Assessment	Discuss with doctor, especially if history of falls

These are general guidelines. Your personal and family medical history may require more frequent screenings or additional tests. Always discuss screening schedules with your healthcare provider to create a personalized preventive care plan.

Source: [Medline Plus](#)

Air Fryer
Parmesan
Chicken with
Broccoli



This crispy chicken with broccoli is easy, delicious and healthy!

Makes 2 servings.

Ingredients:

- 1/3 cup panko
- 1/4 cup finely grated parmesan
- 4 teaspoons olive oil
- 1/2 teaspoon dried oregano
- Kosher salt and ground black pepper
- 2 small boneless, skinless chicken breasts (about 6 ounces each)
- 1 1/2 tablespoons plus 1/4 teaspoon Dijon mustard
- 2 cups small broccoli florets
- 1/4 cup low-fat plain yogurt
- Finely grated zest and juice of 1/2 lemon

Directions:

1. Stir together the panko, parmesan, 2 teaspoons of olive oil, the oregano, pinch of salt and a couple grinds of pepper in a small baking dish until combined. Pat the chicken dry between a couple paper towels, then sprinkle lightly with salt and pepper. Brush both sides of the chicken with 1 1/2 tablespoons of the Dijon mustard, then press into the panko mixture, making sure both sides are evenly coated.
2. Toss the broccoli, remaining two teaspoons of olive oil, a pinch of salt and pepper in a medium bowl until evenly coated.
3. Preheat your air fryer to 375°F. Add the chicken to the air-fryer basket and cook until it's starting to brown and crisp on the top, about six minutes. Flip the chicken over with tongs. Scatter the broccoli around the chicken. Continue air-frying until the chicken is crisp all over and an instant-read thermometer inserted in the middle registers 160°F and the broccoli is tender and charred, about 8 minutes.
4. Meanwhile, stir together the yogurt, lemon zest and juice, remaining 1/4 teaspoon dijon, a pinch of salt and pepper in a small bowl. Serve alongside the chicken and broccoli for dipping.

NUTRITION INFORMATION

Calories per serving	450
Sodium	924mg
Fat	15g
Saturated Fat	5g
Carbohydrates	18g
Protein	49g
Total Sugars	3g
Fiber	3g

Source: [Food Network](#)

Mental and Physical Wellness in Midlife Transitions



Beginning in your 40s through your 60s, also known as the ‘midlife’ stage, the body and mind start to change in ways that can feel unfamiliar. Midlife can be stressful. Many adults in this stage of life feel worried about money, their health and taking care of family members. In fact, 48% of adults say they feel high levels of stress on a daily basis. Some of the biggest stressors adults report dealing with in 2026 are finances, uncertainty and current events. For adults in midlife, these anxieties compound with life-stage-specific stressors including caregiving responsibilities, career transitions and the weight of managing your family’s needs.

The good news is that mental health is no longer reactive — it’s preventative. In 2026, stress management and emotional regulation are being treated as skills that can be trained over time. Simple practices like deep breathing exercises, gratitude journaling or speaking with a counselor through your Employee Assistance Program (EAP) make a meaningful difference. Just as regular health screenings catch physical concerns early, regular mental health check-ins support long-term wellbeing.

Your body naturally changes with age, yet research demonstrates that staying active significantly extends your healthy years. This does not require expensive gym membership or intensive training. A daily 30-minute walk, or roughly 3,000 steps, delivers measurable benefits including improved mood, better sleep quality and increased strength. Simple resistance exercises like squats or resistance band workouts preserve muscle mass and bone density, reducing injury risk. Quality sleep remains essential, with adults requiring 7-9 hours nightly. Establishing consistent sleep routines by maintaining regular sleep and wake times, minimizing screen exposure before bed and practicing relaxation techniques can help achieve quality sleep. Many benefit plans include wellness programs and resources that support these healthy habits.

These daily decisions compound over time, enhancing your energy levels, improving your overall health outcomes and supporting your quality of life throughout midlife and beyond. Remember, you can’t control everything in life, but you can control how you take care of yourself.

Sources:
[Stanford Medicine](#)
[Gallup](#)

OCTOBER 2026

BREAST CANCER AWARENESS MONTH

Every year, more than 245,000 women are diagnosed with breast cancer in the United States. Talk to your health care provider about breast cancer prevention and detection.

Learn more: [nationalbreastcancer.org](https://www.nationalbreastcancer.org)

NATIONAL BULLYING PREVENTION MONTH

First declared in 2006, National Bullying Prevention Month focuses on the devastating effects that bullying has on our children and families.

Learn more: [nctsn.org](https://www.nctsn.org)

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Awareness Month is observed annually in October to raise awareness about domestic violence and its impact on individuals, families and communities.

Learn more: [ncadv.org](https://www.ncadv.org)



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						World Mental Health Day
4	5	6	7	8	9	10
National Coming Out Day	Indigenous People's Day					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
						Halloween
25	26	27	28	29	30	31