

# Adena Women's Health offers a safe space for women seeking relief from common **menopause symptoms**



## **Gone are the days when suffering through menopause symptoms brought on by fluctuating hormones was just considered a “normal” fact of life for women as they age.**

According to Adena Women's Health obstetrician and gynecologist Reynolds Risseeuw, MD, it's a new day for women who have been dismissed in the past for speaking up about their concerns.

“Women have been ignored for far too long about their menopausal symptoms,” Dr. Risseeuw says.

The providers and staff at Adena Women's Health are ready to openly discuss what women are experiencing with their journey into and through menopause, and help them navigate their individual struggles with symptoms that can include:

- Anxiety and depression
- Bladder issues, such as urinary incontinence or urinary tract infections
- Changes in weight
- Heart palpitations
- Insomnia
- Irregular periods
- Migraine headaches
- Mood changes and irritability
- Night sweats/hot flashes

“Menopausal symptoms are brought about by lowered levels of the hormones estrogen and testosterone, and these are things we can fix very effectively,” Dr. Risseeuw explains. “We provide a safe space for women who might otherwise feel embarrassed to discuss symptoms like painful sex due to vaginal dryness.”

Dr. Risseeuw, who joined Adena Women's Health in 2022, says the team of board-certified physicians and midwives provides tailor-made solutions for each patient. Those include hormonal therapy through tablets, patches, creams, vaginal rings, and even testosterone pellets placed under the skin.

“Women have three-times the levels of naturally-produced testosterone than estrogen,” he says, adding that a simple blood test can reveal what a patient is lacking so she can find relief from Hormone Replacement Therapy (HRT).

“HRT is an effective way to manage menopausal symptoms caused by lowered hormone levels,” he says. “In the early 2000s, a major study put a shadow on hormones. But since then, a ton of research has shown that HRT is a safe treatment option.”

Dr. Risseeuw says that women on HRT can expect improvement with their hot flashes about a week after starting therapy. Positive changes with vaginal dryness and low libido can be seen within four to six weeks.

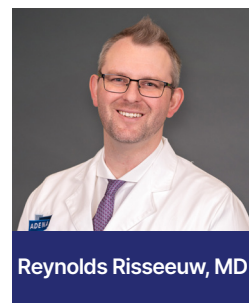
For women who smoke, or those with blood clots or estrogen-sensitive cancers, Dr. Risseeuw says there are also safe and effective non-hormonal treatment options. These address hot flashes and night sweats by working directly on the portion of the brain that regulates body temperature.

***“Everyone deserves to live a good and exciting life, no matter their age,” Dr. Risseeuw says. “If menopausal symptoms are interfering with your well-being, customized therapies can have you back to enjoying this stage of life.”***

Dr. Risseeuw serves patients at the Adena Pike Medical Center in Waverly and at Adena Women's Health on Blackwater Rd. in Chillicothe.

### **Other Adena locations serving women's health include:**

- Adena Greenfield Medical Center
- Adena Health Center – Hillsboro
- Adena Health Center – Jackson
- Adena Medical Office Building – Chillicothe
- Adena Regional Medical Center – Chillicothe
- Adena Specialty Clinic – Circleville
- Adena Specialty Clinic – Fayette



**Reynolds Risseeuw, MD**

**To schedule an appointment with Dr. Risseeuw or another board-certified physician or midwife, call 740-779-7201.**

