

01:00:09:08 - 01:00:36:00

Heather

Hello! This mini episode is a continuation of our conversation with Board-certified ObGyn Doctor Sophia. Today we talk about the stigma surrounding menopause and what Doctor Sophia would like to see represented on TV, film and in the media, and how to prepare for menopause. The more you know, the less scary it is. If you've been liking our episodes this season, please, please go to your podcast platform and rate and reviews.

01:00:36:02 - 01:00:53:13

Sarah

Before we begin, we want to acknowledge the lens from which we recorded this podcast and from where you are listening. Are part of Territories Live Long served as a gathering place for diverse indigenous peoples, and we are thankful as guests on this land to be able to live, work and gather here together. We continue to learn about the history that came before us and we encourage you to do the same.

01:00:53:15 - 01:01:11:13

Heather

A quick reminder to our listeners of this interview should not be taken as medical advice, and it is for information purposes only, because everyone's brain and body is different. Please consult your health care professional if you have any questions.

01:01:11:15 - 01:01:20:12

Heather

If you could tomorrow talk to every single person making film and television at one time. what would you like to tell them that you'd want to see represented more on film and television.

01:01:20:15 - 01:01:46:07

Dr. Sophia

And film and television? I would want to see more like when women are going through menopause. What's that? It's okay. Right? It's okay to get treatment. It's okay if you're feeling the symptoms. It's okay to actually have that conversation with your doctor. It's okay that you're in the office and we have to figure out how to allow women to have space to, to take a moment.

01:01:46:09 - 01:02:18:20

Dr. Sophia

You know, I need a I need a mental health moment right now. And, you know, because it's just not enough where and then when we do see it, we see it in such only satirical ways, you know, that it kind of makes people think, oh, that's not that. It's not that important because it's just funny. And so I do think that not to take the lighter, not to take the lightness out of it, per se, but also to show that not only can you go through this period of your life, but that it gets better.

01:02:18:20 - 01:02:23:21

Dr. Sophia

There are things you can do to treat it that you know and that it actually happens.

01:02:23:22 - 01:02:26:11

Heather

I think that's the biggest one. It's actually a thing.

01:02:26:11 - 01:02:52:17

Dr. Sophia

It's inevitable that it actually is a thing. It does happen. Right. And so it doesn't matter if you're like the CEO of a major company or just my I shouldn't say just by any means, but you're a woman who's taking care of her kids, right? Let's think about this. When we look at women who are in their 40s now, they have teenagers and the Clash.

01:02:52:17 - 01:03:09:10

Dr. Sophia

So make of both those hormones. Yes. No. Legit. So now my teenager is going through puberty and going through hormonal changes and having all the mood stuff, and I am now 47 years old dealing with my 13 year old. And I want to just tell them, right.

01:03:09:12 - 01:03:13:23

Sarah

I do not look forward to that stage. Oh dear.

01:03:14:00 - 01:03:30:11

Dr. Sophia

But now you will have a little bit more grace with yourself. Yes I will. Number one, when you are having when you are having an outburst, because your kids are looking at you like, oh my God, what the hell is wrong with this lady? Why is she going down my throat? Because I put one cup into the sink, right?

01:03:30:11 - 01:03:48:20

Dr. Sophia

And you're about to like, chew them out. They're going to. You're grounded for two weeks. You can't go to your friend's house. You can't get any of your your your, tablet or your phone back. Mom, I just put one cup in the sink. I don't care that that is real. And then you have to reel it back and you're like, oh, snap.

01:03:48:20 - 01:03:50:04

Dr. Sophia

What did I just do?

01:03:50:06 - 01:03:57:16

Heather

Sorry. Wouldn't it be great in that moment for you to be able to say, hey, you know what? Yeah, this is menopause. I'm going or this is perimenopause. I'm going through this thing.

01:03:57:16 - 01:04:00:21

Sarah

Just like your voice, like you were doing it to get.

01:04:00:23 - 01:04:21:03

Dr. Sophia

This is it. We're doing it together. Exactly. That's my whole point is to then when that when? Because after the fact, you realize, oh, I totally overreacted. It's not. It's it could be in that moment. You don't see it, but then, you know, 20 minutes later, you're like, damn, I really overreacted. Most parents don't want to go back and apologize, guys.

01:04:21:07 - 01:04:50:13

Dr. Sophia

Right. But you have to you you have to. And it's understanding that that thing may actually be happening. And if we saw it more, yeah, we'd be more inclined to do it. So it just grace having a lot. I want to see so much more grace with ourselves as women when we're going through this time really feeling like we can speak up about what we're feeling when we're going through this time in a way that is not going to be chastise.

01:04:50:13 - 01:04:52:11

Dr. Sophia

Oh, yeah.

01:04:52:13 - 01:05:03:13

Heather

What are some of the common stigmas then, that you've seen in relation to menopause and perimenopause, like you're saying, like, wouldn't it be great if we get more acceptance? What are some of the stigmas then other than it being, oh, isn't that funny.

01:05:03:15 - 01:05:25:16

Dr. Sophia

It's awful. Yeah. But I mean, the reality is in terms of stigmas, right. So we think of women who go through menopause. That's it. They're vaginas broken. They're done. Right. Like in that in that whole episode, the one where what is it in when she's like, oh my God, I'm having a hot flash. And then the doctor is like, yeah, you know, she felt she's like, she feels like she's just shriveled up and.

01:05:25:16 - 01:05:43:00

Dr. Sophia

And that's it. Our life is over. Yeah. You know, so that's the other big stigma that your life is just done. You're you got to menopause. There's no more energy left in you. You don't matter. No, because you're not, have you? You don't matter anymore. You can't have kids. You don't matter anymore. Yeah. You know what else would I say?

01:05:43:01 - 01:06:08:16

Dr. Sophia

That you're just going to get fat, like, hello? That doesn't have to be, you know, and if we understand that weight gain really is a part of the perimenopause and menopause transition, then we can start to think more about how we can combat it. you know, what is it we're doing to help ourselves? Yeah. You know, and even starting younger.

01:06:08:16 - 01:06:35:23

Dr. Sophia

Right. So that we don't like, overdo it when we are in our 30s thinking that, oh, it's not going to be that bad. Yeah. If you are super obese in your 30s, then trying to lose that kind of weight in your 40s and 50s is just going to be that much harder. So just having women take more ownership of their health, even younger, so that when they are ready to go, when they are going through that transition, you know, it doesn't have to feel so brutal.

01:06:36:01 - 01:06:36:17

Dr. Sophia

Yeah, yeah.

01:06:36:17 - 01:06:47:18

Sarah

Yeah, yeah. This is good. I'm I'm feeling, more educated. This is great. How can we like. You've kind of touched on it, but how can we prepare for menopause so that we can make it be a little less.

01:06:47:18 - 01:07:16:04

Dr. Sophia

Scary, a little less scary? So making my I, I'm I'm big on this, making menopause less scary, understanding again, I can't stop and seeing this enough, but really understanding and embracing your own body, having full understanding of every little nook and cranny of what? What's happening to my what's happening inside of me? You know what I mean? Like, yeah, don't just dismiss everything as it happens.

01:07:16:04 - 01:07:37:07

Dr. Sophia

This concept again, you guys asked, why do women just we just always go through pain, you know, it's it's understanding that it shouldn't be just normal. So that's one thing I would say in terms of how we we prepare is really having a good understanding of your body. So that's one

to being as healthy as you can all the time.

01:07:37:09 - 01:08:06:03

Dr. Sophia

You know, like we take it for granted when we're younger that we can just, you know, jump on, do things, not sleep, you know, go for go go go go. You know, we take that stuff for granted. But maybe this is the time when we are in our younger years to start to do things that are addressing our wellbeing, whether that's exercise, yoga, meditation, having a really good self-care routine.

01:08:06:06 - 01:08:35:10

Dr. Sophia

And then three, like I said, a major part of the menopause transition is the mental health and mood stuff. So checking in with yourself if you do need to see a therapist to do it. If you need to talk more to your girlfriends, then do it and just be honest, you know? So that way we can we again walk in to the the that phase in our lives, armed a little bit more with tools that can help us through.

01:08:35:11 - 01:08:39:23

Dr. Sophia

And then lastly just telling the doctor, dude, hello? I said something's wrong.

01:08:40:01 - 01:08:43:20

Heather

Yeah, yeah, exactly. Don't send me to five other people.

01:08:43:22 - 01:09:05:00

Dr. Sophia

Don't send me to five other people and then keep an open mind. That's the other thing I would say. Keep an open mind as to what may be the management options for you. You know, for so many people I know for myself, you know, if I think about it just within my own community, you know, there's there's still the stigma of hormones.

01:09:05:02 - 01:09:24:03

Dr. Sophia

It's still like crazy people think, oh my God, if I if I take a hormone for one day, it means I'm going to get breast cancer. It's not real. That's not true. The stigma around the management of menopausal symptoms, I think, is a big thing that we really have to keep cutting away at.

01:09:24:05 - 01:09:29:09

Sarah

Braaains is hosted and produced by Heather and Sarah Taylor, and our theme song is by our little brother, Deppisch.

01:09:29:11 - 01:09:45:01

Heather

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