Feel informed. Feel supported.

Hormonal changes can affect sleep, energy, mood, sexual health, and daily well-being.

Valley Medical offers individualized health assessments to help patients understand their symptoms and discuss appropriate care options.

Your Consultation at Valley Medical

Your consultation may include discussion of symptoms, health history, medications, and personal health goals; review of whether investigations or other medical assessments are indicated; discussion of suitable treatment and non-treatment options, including potential benefits and risks; and planning for follow-up or referral where appropriate.

Women's Hormonal Health: Perimenopause & Menopause

Perimenopause is the transition leading up to menopause, when menstrual patterns and hormone levels may fluctuate. Menopause is generally identified after 12 consecutive months without a menstrual period when there is no other medical explanation.

Symptoms may include: hot flashes, night sweats, disrupted sleep, mood changes, difficulty concentrating, vaginal dryness, painful intercourse, and changes in menstrual bleeding. Other medical conditions can cause similar symptoms; assessment helps determine appropriate next steps.

Take the Next Step

Contact Valley Medical to ask about consultation availability and the hormonal health services offered at your preferred location.

VALLEY MEDICAL

VEINS • SKIN • MOVE

81 Exhibition Street, Kentville, Nova Scotia
360 Water Street, Summerside, Prince Edward Island

Phone: 902-678-2121 **Fax:** 902-678-0859
Email: hello@vmedical.ca

www.vmedical.ca

VALLEY MEDICAL

VEINS • SKIN • MOVE

Hormonal Health & Wellness

Menopause | Perimenopause
Men's Hormonal Health

Assessment & Diagnosis

Perimenopause and menopause are often diagnosed clinically based on age, menstrual history, and symptoms, so routine hormone testing is not necessary for every patient. Laboratory testing and other investigations can be arranged when clinically indicated.

Treatment Options

Depending on individual needs, medical history, and clinical assessment, care may include menopausal hormone therapy (MHT/HRT), local vaginal hormone therapy, nonhormonal treatment options, lifestyle and preventive-health counselling, clinically indicated investigations, and ongoing monitoring and follow-up.

Systemic estrogen may relieve hot flashes and night sweats. Patients with a uterus generally need an appropriate progestogen alongside systemic estrogen to protect the uterine lining. Treatment is individualized, and hormone therapy is not suitable for everyone.

Men's Hormonal Health

Changes in energy, sexual function, strength, mood, or body composition can have many causes. A medical evaluation can help identify contributing factors and determine whether hormone testing or other investigations are appropriate.

Reasons to seek an assessment may include: persistent fatigue, reduced sexual desire, erectile difficulties, reduced muscle mass or strength, and other ongoing concerns affecting quality of life.

Assessment & Testosterone Deficiency

Assessment may include a review of symptoms, medical history, medications, and other possible contributing factors, as well as examination and laboratory investigations when appropriate.

Testosterone deficiency is not diagnosed based on symptoms alone and requires appropriate biochemical confirmation. If an initial testosterone level is low, repeat testing and additional investigations may be needed depending on the clinical picture.

Treatment & Follow-up

When clinically appropriate, testosterone therapy may be initiated with appropriate monitoring and follow-up.

Specialist referral can also be arranged when needed.

Your Healthcare Providers

KENTVILLE, NOVA SCOTIA

Dr. Yasmin Sadri

Dr. Yasmin Sadri is a family physician with a clinical interest in women's and men's hormonal health. She provides individualized assessment and management of perimenopause, menopause, and male hormonal concerns, with a focus on evidence-based treatment, appropriate monitoring, and ongoing follow-up.

Dr. Sadri assesses and manages perimenopause and menopause and assesses men with hormonal concerns, including possible testosterone deficiency. Depending on the individual patient, care may include MHT/HRT, local vaginal hormone therapy, nonhormonal treatment options, lifestyle and preventive-health counselling, clinically indicated investigations, testosterone therapy when appropriate, monitoring, follow-up, and specialist referral when needed.

SUMMERSIDE, PRINCE EDWARD ISLAND

Leah Davidson, NP

Leah Davidson is a nurse practitioner who has worked in women's health throughout her nursing career. She is a Menopause Society Certified Practitioner and strives to empower both men and women to optimize their health and wellbeing through evidence-based knowledge and treatment options.

Leah provides hormonal health care to both women and men at Valley Medical's Summerside location.