Menopause Symptoms That No One Told You About | Dr. Valorie and Dr. Maki Explain Transcript

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Introduction to lesser-known menopause symptoms

even have sinus pain, ear ringing. Women even have sinus pain, ear ringing. Women um hair comes out is thinner and it's um hair comes out is thinner and it's also weaker. So, it's more tendency also weaker. So, it's more tendency towards that breakage.

towards that breakage. Menopause symptoms no one told you Menopause symptoms no one told you about. Hi, I'm Dr. Valerie Davidson from about. Hi, I'm Dr. Valerie Davidson from the Progress Your Health podcast the Progress Your Health podcast >> and I'm Dr. Mackey from the Progress >> and I'm Dr. Mackey from the Progress Health Podcast. Uh I would definitely Health Podcast. Uh I would definitely say over the last few years that the say over the last few years that the understanding of menopausal symptoms has understanding of menopausal symptoms has grown dramatically since then originally grown dramatically since then originally started 20 years ago.

started 20 years ago. >> Yeah. I remember patients their jaws >> Yeah. I remember patients their jaws would drop when I would say, "Oh, do you would drop when I would say, "Oh, do you have this symptom? Do you have this have this symptom? Do you have this symptom?" They're like, "This has to do symptom?" They're like, "This has to do with menopause and hormones." And with menopause and hormones." And absolutely. So, why don't we dive absolutely. So, why don't we dive on in on in because everybody knows about hot because everybody knows about hot flashes and night sweats, but there are flashes and night sweats, but there are some things that people don't know some things that people don't know about.

Joint pain, dryness, and hair changes

about. about. >> Yeah. One that has come up a lot lately, >> Yeah. One that has come up a lot lately, um, you know, things. Now, granted, we um, you know, things. Now, granted, we do parmenopause and menopause all the do parmenopause and menopause all the time, so we're hearing a lot of the the time, so we're hearing a lot of the the same complaints from people. Um, but same complaints from people. Um, but joint pain or arthritis. Um, I've joint pain or arthritis. Um, I've been hearing that constantly as of late.

hearing that constantly as of late. >> Yeah. Inflammation, joint pain, any kind >> Yeah. Inflammation, joint pain, any kind of joints all over your knees, your of joints all over your knees, your hips. Women will combine um, you know, hips. Women will combine um, you know, complain about their hips feeling achy.

complain about their hips feeling achy. Also, um, tendons and muscles because Also, um, tendons and muscles because you think about that inflammation. Also, you think about that inflammation. Also, the um the, um, kind of the hydration the um the, um, kind of the hydration goes down. So, women will have dry eye goes down. So, women will have dry eye is a big one that they don't realize.

is a big one that they don't realize. They're like, "Oh, I just thought that They're like, "Oh, I just thought that was my contacts or I live in the was my contacts or I live in the desert." Dry is a big one as well as of desert." Dry is a big one as well as of course vaginal dryness.

course vaginal dryness. >> Sure. Sure. Yeah. So you think of the >> Sure. Sure. Yeah. So you think of the estrogen when you give a woman estrogen estrogen when you give a woman estrogen it's sort of like lubricating it's sort of like lubricating everything. Absolutely. Kind of like you everything. Absolutely. Kind of like you know uh you know like the Wizard of Oz know uh you know like the Wizard of Oz and the Tin Man. You give them some oil and the Tin Man. You give them some oil and it lubes up his joints. That's and it lubes up his joints. That's essentially that's sort of what essentially that's sort of what estrogen's doing in a indirect sort of estrogen's doing in a indirect

sort of way.

way. way. >> Yeah. Exactly. So they'll they'll even >> Yeah. Exactly. So they'll they'll even have sinus pain, ear ringing. women um have sinus pain, ear ringing. women um hair hair is a big one because the hair hair is a big one because the diameter of the hair follicle gets diameter of the hair follicle gets smaller. So the hair that comes out is smaller. So the hair that comes out is thinner and it's also weaker. So it's thinner and it's also weaker. So it's more tendency towards that breakage.

more tendency towards that breakage. Hence because it's not getting that Hence because it's not getting that lubrication from the estrogen. And also lubrication from the estrogen. And also progesterone is an unsung hero for the progesterone is an unsung hero for the for the hair for hair quality and hair for the hair for hair quality and hair health.

Brain fog, urinary symptoms, and mood shifts

health. health. >> Yeah. I mean the list I mean honestly >> Yeah. I mean the list I mean honestly the list we were making a list just the list we were making a list just before we started recording and we got a before we started recording and we got a list of like 25 things. know a lot of list of like 25 things. know a lot of them because of social media, because of them because of social media, because of this channel, because of everybody this channel, because of everybody else's channels, um there's a lot more else's channels, um there's a lot more awareness in there where used to be.

awareness in there where used to be. >> Thank goodness. >> Thank goodness. >> Yeah. I mean, it used to be honestly >> Yeah. I mean, it used to be honestly just hot flashes, night sweats, and I just hot flashes, night sweats, and I can't sleep. Okay. Uh now, you know, can't sleep. Okay. Uh now, you know, like I said, there's a lot deeper levels like I said, there's a lot deeper levels or layers of of menopause that, you or layers of of menopause that, you know, people just uh was attributed and know, people just uh was attributed and maybe this is because practitioners just maybe this is because practitioners just say, "Well, that's just part of the say, "Well, that's just part of the aging process. That's just part of aging process. That's just part of getting older." But I don't think that getting older." But I don't think that really works very well in the 21st really works very well in the 21st century anymore.

century anymore. >> And then also to add to our list of >> And then also to add to our list of course is low libido. But it's not just course is low libido. But it's not just because of the vaginal dryness, but when because of the vaginal dryness, but when that estrogen drops, it takes it takes that estrogen drops, it takes it takes down that, you know, that sex on the down that, you know, that sex on the brain. So women will say, "I'm not brain. So women will say, "I'm not initiating. My libido is low. I'm not initiating. My libido is low. I'm not even thinking about it. It's not because even thinking about it. It's not because of my partner. It's just it's the of my partner. It's just it's the hormones." And another thing that'll hormones." And another thing that'll happen because, you know, part of that happen because, you know, part of that brain is the brain fog is a big one. The brain is the brain fog is a big one. The words coming out weird. I promise you words coming out weird. I promise you don't have dementia. But the um forget don't have dementia. But the um forget the recall. People say the the the recall. People say the the information is in my brain. I just information is in my brain. I just cannot get it out. You know, give me cannot get it out. You know, give me five seconds, five minutes till tomorrow five seconds, five minutes till tomorrow it'll it'll show up. So that's another it'll it'll show up. So that's another big one. Working memory. So trying to big one. Working memory. So trying to keep your tasks in your head as you're keep your tasks in your head as you're doing them. That's why we walk into a doing them. That's why we walk into a room and we've all done that. Forgot why room and we've all done that. Forgot why we walked in there. That happens. But we walked in there. That happens. But that working memory of keeping those that working memory of keeping those tasks in your brain is a is a big one.

tasks in your brain is a is a big one. And also too physically the ur um the And also too physically the ur um the uro uh the urinary symptoms urinary uro uh the urinary symptoms urinary symptoms are a big one in menopause u symptoms are a big one in menopause u being more prone to UTI. Yeah, UTI, being more prone to UTI. Yeah, UTI, incontinence, uh that's why, you know, incontinence, uh that's why, you know, those things just become such a quality those things just become such a quality of life issue in in some respects that, of life issue in in some respects that, you know, women just want to, you know, you know, women just want to, you know, find some relief

that, you know, that find some relief that, you know, that some of them can be very annoying and some of them can be very annoying and pesky symptoms uh and HRT can be a great pesky symptoms uh and HRT can be a great way to uh you know, either limit them, way to uh you know, either limit them, reduce them, or sometimes completely reduce them, or sometimes completely resolve them. And of course with the resolve them. And of course with the mood too, women when they go into mood too, women when they go into menopause and those hormones drop, they menopause and those hormones drop, they will mention, you know, not just will mention, you know, not just anxiety. We all know that that cortisol anxiety. We all know that that cortisol goes up, the estradile can't buffer it, goes up, the estradile can't buffer it, so we get some anxiety, but just this so we get some anxiety, but just this apathy. Women will say, you know, I'm apathy. Women will say, you know, I'm just not finding the joy in something just not finding the joy in something that I normally have joy in. I'm just that I normally have joy in.

Metabolic effects and long-term health

I'm just not feeling it. So they'll feel almost not feeling it. So they'll feel almost apathetic or their mood is a little bit apathetic or their mood is a little bit low.

low. low. >> Yeah. A mood. I mean, even in 2026, it's >> Yeah. A mood. I mean, even in 2026, it's sort of surprising on how little sort of surprising on how little attention. Now, granted, we're doing attention. Now, granted, we're doing this podcast, so we're giving it some this podcast, so we're giving it some attention, but how much hormones play on attention, but how much hormones play on a role in how we look and feel on a a role in how we look and feel on a daily basis, right? You know, our, you daily basis, right? You know, our, you know, our uh zest for life, our, you know, our uh zest for life, our, you know, enthusiasm, you know, our know, enthusiasm, you know, our happiness, our fulfillment, a lot of happiness, our fulfillment, a lot of that comes down to our hormone levels.

that comes down to our hormone levels. Uh and you know um as we transition into Uh and you know um as we transition into our later years you know that becomes a our later years you know that becomes a really really big deal um just you know really really big deal um just you know just to maintain a certain level of um just to maintain a certain level of um you know reasonable health not even you know reasonable health not even great health but just reasonable great health but just reasonable sometimes sometimes sometimes >> and you know I will say just for myself >> and you know I will say just for myself when I went through menopause I remember when I went through menopause I remember not being able to find a word and and not being able to find a word and and I'm the hormone doctor I mean come on so I'm the hormone doctor I mean come on so that's why you know making sure to take that's why you know making sure to take all those symptoms into play and I do all those symptoms into play and I do know long term we are we are worried know long term we are we are worried about our bones hormones, you know, about our bones hormones, you know, about our brain health, about our, you about our brain health, about our, you know, our cardiovascular health. And know, our cardiovascular health. And when that those hormones drop, you will when that those hormones drop, you will see that cholesterol go up. Even if see that cholesterol go up. Even if somebody's eating the same, they're somebody's eating the same, they're exercising the same, that cholesterol go exercising the same, that cholesterol go up, the weight, the scale goes up. So, I up, the weight, the scale goes up. So, I do feel like there's a lot of metabolic do feel like there's a lot of metabolic components that people aren't aware of components that people aren't aware of as well. When you go into menopause and as well. When you go into menopause and the estrogen and progesterone drop, for the estrogen and progesterone drop, for example, women become much more insulin example, women become much more insulin resistant when their hormones drop. So resistant when their hormones drop. So they're they're they're >> and just by going into menopause, >> and just by going into menopause, >> which you know, you love the insulin.

>> which you know, you love the insulin. You're the insulin guy. You you know, You're the insulin guy. You you know, you're all into that that insulin. So you're all into that that insulin. So you you know that. And then it puts them you you know that. And then it puts them at risk for pre-diabetes, especially if at risk for pre-diabetes, especially if there's a strong family history. And there's a strong family history. And these are women that are eating well and these are women that are eating well and exercising and that's because the exercising and that's because the hormones have such a big play on that.

hormones have such a big play on that. >> Yeah. Right. you know, and it's uh it's >> Yeah. Right. you know, and it's uh it's it's nice to see that there's this it's nice to see that there's this acceptance across the board because

acceptance across the board because women, you know, they're just I'm I'm women, you know, they're just I'm I'm curious to go back and talk to some curious to go back and talk to some older generations and see what their older generations and see what their experience was because it doesn't seem experience was because it doesn't seem like, you know, anyone ever talked about like, you know, anyone ever talked about anything when it comes to menopausal anything when it comes to menopausal symptoms. Uh and now, um you know, there symptoms. Uh and now, um you know, there a lot of discussion, a lot of awareness.

a lot of discussion, a lot of awareness. So, hopefully women are finding the So, hopefully women are finding the relief that they that they want and that relief that they that they want and that they need.

they need. >> Yeah. Because I remember when my mom >> Yeah. Because I remember when my mom went through menopause, they were just went through menopause, they were just talking about hot flashes and night talking about hot flashes and night sweats. She says she she didn't even sweats. She says she she didn't even really go through menopause. But I really go through menopause.

Hormone therapy and listener takeaways

But I remember when she went through remember when she went through menopause, a lot of these symptoms she menopause, a lot of these symptoms she had, but of course, you know, a lot of had, but of course, you know, a lot of times they'll just say, "Oh, that's age times they'll just say, "Oh, that's age or that's getting older." And I think or that's getting older." And I think all of us know now that we're not going all of us know now that we're not going to put up with that excuse. You know, we to put up with that excuse. You know, we want to feel good. We want to have that want to feel good. We want to have that health and longevity. So knowing that a health and longevity. So knowing that a lot of you know the hormones have such a lot of you know the hormones have such a big impact on our you our neurology our big impact on our you our neurology our endocrine system everything you know our endocrine system everything you know our energy you know even women will say I'm energy you know even women will say I'm so tired it's not even because they're so tired it's not even because they're not sleeping well at night because we not sleeping well at night because we all know when you go into menopause your all know when you go into menopause your sleep isn't great anymore sleep isn't great anymore >> but and even that pmenopause for that >> but and even that pmenopause for that fact but they'll just say I'm just tired fact but they'll just say I'm just tired mentally tired they're physically and mentally tired they're physically and mentally tired so it all comes down to mentally tired so it all comes down to those hormones those hormones >> yeah I mean we've seen it firsthand >> yeah I mean we've seen it firsthand that's why we're sort of aware of these that's why we're sort of aware of these issues is because we've seen how when a issues is because we've seen how when a woman is going through menopause and she woman is going through menopause and she doesn't feel very good in a multitude of doesn't feel very good in a multitude of ways and you give her some hormones and ways and you give her some hormones and she's like a whole new person. Well, you she's like a whole new person. Well, you don't only have to see that a few times don't only have to see that a few times um to know that hey, these hormones um to know that hey, these hormones actually have an impact. Uh even though actually have an impact. Uh even though everyone else around you and all the everyone else around you and all the other medical professionals doesn't other medical professionals doesn't happen as much anymore, but it used to happen as much anymore, but it used to happen quite a bit where everything was happen quite a bit where everything was just kind of passed off as being part of just kind of passed off as being part of the aging process. Like you said, that's the aging process. Like you said, that's not good enough anymore. people are, you not good enough anymore. people are, you know, sort of demanding, clamoring for know, sort of demanding, clamoring for someone to help them. Uh, and I'm, you someone to help them. Uh, and I'm, you know, we're still finding that that's know, we're still finding that that's even difficult in 2026.

even difficult in 2026. >> I mean, I' I've had women that want to >> I mean, I' I've had women that want to go back to school, they get a new job, go back to school, they get a new job, they want to do a new kind of career they want to do a new kind of career choice, and they're like, I'm afraid I choice, and they're like, I'm afraid I won't remember anything. I'm like, oh won't remember anything. I'm like, oh no, we're going to get you all set up no, we're going to get you all set up with your hormones so you can learn and with your hormones so you can learn and you'll be the top of the class. And they you'll be the top of the class. And they always are. So, I do feel like, you always are. So, I do feel like, you know, now now, you know, it's 2026, know, now now, you know, it's 2026, people are realizing how

important these people are realizing how important these symptoms are that they didn't know about symptoms are that they didn't know about before. So, that's what we wanted to before. So, that's what we wanted to relay to you on this podcast.

relay to you on this podcast. >> Yeah. Uh, so if you have any uh strange >> Yeah. Uh, so if you have any uh strange and peculiar things, if you feel and peculiar things, if you feel comfortable, write them in the comments comfortable, write them in the comments below. We'd love to hear everyone's below. We'd love to hear everyone's experience uh sort of before hormones experience uh sort of before hormones and after hormones because I think and after hormones because I think there's a lot there that we even you and there's a lot there that we even you and I can still learn. You know, there's a I can still learn. You know, there's a neverending process of learning neverending process of learning >> and every woman's a little different. It >> and every woman's a little different. It always manifests a slightly different always manifests a slightly different way. And if it's reoccurring and it way. And if it's reoccurring and it seems like it keeps happening, it's seems like it keeps happening, it's probably related to those drop in probably related to those drop in hormones in some respect. Uh, you know, hormones in some respect. Uh, you know, or the hormones by replacing those or the hormones by replacing those hormones, it might actually help hormones, it might actually help something. So, something. So, >> or you might need to change your dose.

>> or you might need to change your dose. You know, I always find changing You know, I always find changing people's doses based on, you know, what people's doses based on, you know, what their goals are. So, that might be their goals are. So, that might be something to think about.

something to think about. >> Yeah. Uh, so like I said, if you have >> Yeah. Uh, so like I said, if you have any uh comments or questions, we'd love any uh comments or questions, we'd love to hear it down below. Lately, our to hear it down below. Lately, our videos have been doing very well. We've videos have been doing very well. We've been getting lots lots of comments. We been getting lots lots of comments. We really appreciate that. Uh, it's very, really appreciate that. Uh, it's very, uh, uh, uh, >> we will get to them. I promise.

>> we will get to them. I promise. >> Yeah. For two, uh, for two >> Yeah. For two, uh, for two self-proclaimed introverts, uh, it's a self-proclaimed introverts, uh, it's a little nerve-wracking, but at the same little nerve-wracking, but at the same time, uh, it's very exciting. So, we time, uh, it's very exciting. So, we appreciate everyone paying attention.

appreciate everyone paying attention. So, until next time, I'm Dr. Mackey. So, until next time, I'm Dr. Mackey. >> And I'm Dr. Valerie. >> And I'm Dr. Valerie.