



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

We help people **Feel Good, Look Good & Function Well** • Augusta, GA

2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461

www.IvyCollaborative.com



IDENTIFYING & MANAGING MENOPAUSAL SYMPTOMS

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Menopausal Symptoms Can Feel Like

Perimenopause and menopause are more than hot flashes. Falling and fluctuating estrogen and progesterone change brain chemistry—serotonin, dopamine, and norepinephrine—so mood, sleep, and focus can shift even in women with no prior mental-health history. Common signs include irritability, tearfulness, new or worsening anxiety, low mood, brain fog, night sweats that fragment sleep, and fatigue that rest does not fix. Menopause is 12 months without a period (often ages 45–55); the transition can start years earlier. These changes have a biological basis. They are not “just getting older,” & are treatable.

2. Self-Help Strategies 	3. Traditional Medicine Options 	4. How Ivy Collaborative Can Help 
• Protect sleep: cool, dark room; consistent bedtime • Move most days—walking, strength, or yoga • Limit late caffeine, alcohol, and heavy evening meals • Layer clothing; keep a simple hot-flash log • Stay connected; tell one trusted person what you are noticing • Track mood, sleep, and cycle changes together—not only “good/bad days” • Know the myth: “just ride it out” is not a treatment plan • See a clinician if mood, sleep, or function is slipping • If hopelessness or thoughts of self-harm appear, call or text 988	• Gynecologic and primary-care evaluation of menopausal transition • Discuss menopausal hormone therapy when medically appropriate • Screen thyroid, anemia, sleep apnea, and other drivers of fatigue or mood change • Psychiatric evaluation when depression, anxiety, or brain fog persist • Evidence-based therapy (CBT, ACT) for mood, sleep, and coping • Antidepressant or anti-anxiety medication when indicated, with side-effect monitoring • Coordinate GYN, primary care, therapist, and psychiatrist • Understand limits: hormones or pills help many women—and leave others with residual mood symptoms • Ask about non-hormonal, FDA-cleared options for depression	• Evaluation of menopausal mood changes: depression, anxious depression, irritability & cognitive fog • Exomind TMS (BTL) — FDA-cleared, drug-free magnetic stimulation for major depressive disorder; a non-hormonal, non-systemic option when mood symptoms dominate* • Focused pulses to the left dorsolateral prefrontal cortex, a key mood- and focus-regulation circuit • Typical protocol: sessions under 30 minutes; often 6 treatments over 1–3 weeks; no downtime* • Medication management and coordinated psychotherapy when helpful • Complements—not replaces—GYN care, hormone therapy, sleep, and lifestyle

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
womenshealth.gov / menopause menopause.org Sleep • Cooling • Movement • Tracking	mayoclinic.org (menopause) acog.org / menopause Evaluation • Hormones • Counseling	ivycollaborative.com — Exomind TMS Exomind TMS • Schedule your consultation Physician-directed care with Dr. Jocelyn Bayliss, MD dual board-certified psychiatrist

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

Complimentary consultations available • Support for menopausal mood, sleep, and focus

You do not have to navigate this transition alone—support is available.



Crisis support: Call or text 988 (Suicide & Crisis Lifeline) or go to the nearest emergency department if you are in immediate danger.

*Exomind (BTL) is FDA-cleared for major depressive disorder, not as a treatment for menopause itself. It may be considered when menopausal mood symptoms include depression, anxious depression, or cognitive fog after physician evaluation. Session count and length follow the clinic's current protocol and may be individualized. Individual results vary. TMS is not emergency care and does not replace gynecologic or hormone therapy when those are indicated. Metallic implants near the head, seizure history, and certain implanted devices are common contraindications. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.