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Shelburne clinic hosts talk to cut through menopause misinformation

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Shelburne Family Chiropractic and Wellness is hosting a community education eventto help women navigate perimenopause and menopause while engaging their partners in the conversation.

Alexandra Magder, clinic co-owner, said the talk, led by naturopathic doctor Dr. Nicole Roberts, is meant to address the growing number of patients arriving at the clinic overwhelmed by conflicting health advice online.

?Dr. Nicole has had a lot of patients come to her recently, so women who are starting to enter perimenopause, or in the thick of menopause, where they're very confused,? she said. ?They see so much information online that they don't know where to start or who to go to.?

The Perimenopause & Menopause Talk will take place at the Shelburne Golf & Country Club from 6 to 7:30 p.m. on April 10.

The event is designed as a safe, welcoming in person space where women and their partners can learn about common symptoms, evidence based ways to manage them, and options tailored to individual needs and budgets.

Organizers emphasize that menopause is often minimized or dismissed, leaving women to cope silently while still maintaining work and family responsibilities. The talk aims to challenge the belief that symptoms must simply be endured and to highlight practical strategies for improving quality of life.

?Sometimes women can be labeled as being overly dramatic,? Magder said. ?One of those big beliefs is that you have to deal with it, and there's nothing that you can do to get rid of symptoms. We really want to push that message out there that you don't have to just live with it. And there are things you can do to live a healthier and happier life.?

A key focus will be on the naturopathic approach, which centers on identifying root causes of health issues rather than only addressing symptoms.

?The best way to explain what a naturopathic doctor can do for a patient is they try to figure out what is the root cause that is causing the health issues that may be occurring within a patient,? Magder said. ?Canadian naturopathic doctors have shifted towards working with medical doctors in a collaborative way, and not in a way that their two are kind of competing with the patient in terms of care.?

This collaborative action aims to make identifying and treating symptoms more efficient.

Naturopathic doctors will look for signs, including hormonal shifts, environmental changes, dietary changes, and gut health, while collaborating with medical doctors. The clinic hopes to dispel persistent misconceptions about naturopathic medicine and underline its role in long term, sustainable care.

The event will feature Dr. Richard Magder, clinic co owner, as a comedic MC offering the partner perspective, and Hannah Sine, owner of Town Fitness in Shelburne, who will share her experience nearing the end of her menopause journey.

Together, the speakers aim to show that effective support, accurate information, and open dialogue can help women see menopause as a stage that can be managed rather than a burden that must be silently carried.

?We are really inspired to do something that's more in the community, and putting that conversation out there,? Magder said. ?We

want women and even their partners to come to a safe space, learn the right information, learn how they can manage their symptoms, but also be in the space as well, too, where they feel free that they can ask questions and get correct answers for their questions.?

To learn more or register visit: eventbrite.ca/e/womens-health-perimenopause-menopause-talk-tickets-1984878969429