

THE NEW & NOTEWORTHY

INDUSTRY WATCH

OPRAH PUTS MENOPAUSE CENTER STAGE

A CONVERSATION THAT'S LONG OVERDUE

The Menopause Revolution, a recent ABC special hosted by Oprah Winfrey, brings menopause to primetime and long-overdue attention to one of the most overlooked areas of women's health. Through candid stories from high-profile guests like Halle Berry, Maria Shriver, and Naomi Watts, the program highlights the physical, mental, and emotional realities of menopause – and the lack of meaningful support available to those going through it.

It echoes what millions already know: symptoms like brain fog, weight gain, and heart palpitations are often dismissed or misdiagnosed.

The message is clear: women are navigating a major health transition with limited guidance, fragmented care, and persistent stigma.

WHY IT MATTERS:

Menopause isn't just a temporary phase. It's a turning point with a lasting impact on health, longevity, cognitive function, and overall quality of life. Yet the care available remains outdated, inconsistent, and out of sync with the science.

WHAT THIS MEANS FOR LONGEVITY:

Without the proper care during menopause, the path to healthy aging becomes harder to navigate. Access to evidence-based information, personalized support, and emerging technologies can make the difference between just getting through it and building lasting health beyond it.

That's the focus at The Longevity Expo: providing access to credible insights, forward-thinking products, and strategies that promote better aging from the inside out.

A NOTE FROM LONGEVITY EXPO FACULTY, DR. ERIKA SCHWARTZ:

"Menopause is a defining moment in a woman's life, but it's also a chance for renewal and self-care. By focusing on personalized care, balancing hormones, and adopting healthy lifestyle choices, women can not only manage menopause – they can thrive. This conversation is crucial, and at [The Longevity Expo](#), we're committed to bringing solutions that empower women to reclaim their energy and vitality at any age."

Explore how we're [continuing the conversation](#) and turning it into action [here](#).