MENOPAUSE & MIDLIFE HEALTH PROGRAM

MAGY

SKIN & HEALTH CLINIC



A more considered approach to midlife health begins *here*

Personalized, comprehensive care that considers your hormones, your health, and how you want to feel through the menopausal transition.

PROGRAM *content*

03 About the Program

04 What We Address

06 Program Options

07 Program Comparison

08 Why Choose Us?

09 How It Works

10 Understanding Menopause

11 Treatment & Hormone Therapy

12 Choosing Your Level Of Support

13 Beyond Hormones: Midlife Health

14 Complementary Therapies

15 Pricing Structure

16 Our Team

17 Getting Started

ABOUT *our program*

Menopause is a transition. Your health deserves more than a conversation about hormones.

Perimenopause and menopause can influence nearly every aspect of wellbeing—from sleep, mood, and cognition to metabolism, sexual health, and long-term cardiovascular and bone health.

At MAGY, we take a comprehensive approach to understanding these changes and helping you navigate them with confidence.

Through nurse practitioner-led medical care, individualized treatment planning, and holistic health support, we bring together the clinical guidance, education, and continuity needed to make informed decisions about your health.

WHAT WE *address*

Menopause affects more than reproductive health.

Our approach considers the full picture.



HORMONAL & PHYSICAL CHANGES

Hot flashes, night sweats, menstrual changes, fatigue, and other symptoms can affect daily comfort and quality of life. We assess your individual experience and develop an appropriate management plan.



SLEEP, MOOD & COGNITION

Changes in sleep quality, mood, concentration, and mental clarity are common concerns during midlife. We explore contributing factors and treatment strategies to support day-to-day wellbeing.



METABOLIC & LONG-TERM HEALTH

Midlife is an important time to reassess cardiovascular risk, body composition, metabolic health, and bone health. We emphasize prevention and sustainable strategies for healthy aging.



SEXUAL & GENITOURINARY HEALTH

Vaginal dryness, discomfort, changes in sexual function, and urinary symptoms can significantly affect quality of life. We provide sensitive assessment and discuss medical and supportive treatment options.

OUR APPROACH *to care*

01

COMPREHENSIVE MEDICAL ASSESSMENT

We begin with an in-depth review of your symptoms, health history, risk factors, and personal goals to understand where you are in your menopause transition.

02

INDIVIDUALIZED INVESTIGATIONS

Laboratory investigations and additional testing, including DUTCH, may be recommended when clinically appropriate to investigate symptoms, assess overall health, or inform treatment decisions.

03

HOLISTIC HEALTH & NUTRITION

Nutrition, movement, stress management, and lifestyle strategies play an important role in midlife health. Our holistic practitioner provides personalized recommendations that complement your medical care.

04

PERSONALIZED TREATMENT PLANNING

Your recommendations may include lifestyle interventions, non-hormonal therapies, menopausal hormone therapy, or other medical treatments when appropriate. Decisions are made collaboratively, based on your individual needs and preferences.

PROGRAM *options*

Two approaches to care, designed around your individual needs.

Whether you're looking for a comprehensive assessment and direction or would benefit from ongoing medical management, our programs provide personalized, evidence-informed support throughout your menopause transition.

ESSENTIALS



FOCUSED CARE

A comprehensive assessment and personalized care plan, with scheduled follow-up to help you understand your health and move forward with clarity.

ANNUAL



CONTINUITY OF CARE

A structured, 12-month program with ongoing nurse practitioner oversight, scheduled assessments, and individualized management that evolves with your symptoms, treatment needs, and health goals.

PROGRAM *comparison*

	ESSENTIALS	ANNUAL
Clinician Guidance	6 Months	12 Months
60-minute Consultation	✓	✓
30-Minute Results & Care Plan Review	✓	✓
Personalized Nutrition Plan	✓	✓
Individualized Medical Assessments & Recommendations	✓	✓
Holistic Health Consultation	✓	✓
3/6/9 Month 30-Minute Follow-Ups	6-Month Only	✓
MidLife Health Info Booklet	✓	✓
Menopausal Hormone Therapy (if clinically indicated)	×	✓
12-Months of Structured Care	×	✓
Written personalized Plan (PDF or Print)	×	✓
Annual Review Consultation	×	✓
CO2Lift V Mask, if applicable	×	✓
Personally selected Anti-aging skincare product	×	✓
Clinically Indicated Lab Testing & Optional DUTCH Testing	Additional	Additional
PROGRAM INVESTMENT	$1395	$2995

WHY *choose us*

01

NURSE PRACTITIONER LED CARE

Your care is guided by qualified medical professionals who can assess, investigate, diagnose, and prescribe within their scope of practice. We prioritize responsible treatment decisions grounded in current clinical evidence.

02

CARE BEYOND HORMONES

Menopause is not exclusively a hormonal concern. We consider the broader impact on metabolic health, sleep, nutrition, sexual wellbeing, and healthy aging.

03

TIME TO UNDERSTAND YOU

Meaningful care requires time. Our extended consultations allow for thoughtful discussion of symptoms, medical history, treatment options, and your individual priorities.

04

PERSONALIZED, COORDINATED SUPPORT

No two menopause experiences are identical. We combine medical care with holistic health guidance, helping you navigate available options without a one-size-fits-all approach.

HOW IT *works*

A thoughtful process, from assessment to ongoing care

Step 1

YOUR INITIAL ASSESSMENT

Begin with a comprehensive 60-minute consultation with a nurse practitioner to review your health history, symptoms, concerns, and priorities.

Step 2

INVESTIGATIONS & PLANNING

Complete any clinically indicated investigations and meet with our holistic practitioner to develop personalized nutrition and lifestyle recommendations.

Step 3

YOUR INDIVIDUALIZED PLAN

Review your findings and treatment options with your nurse practitioner. Together, determine a course of care that aligns with your health needs and preferences

Step 4

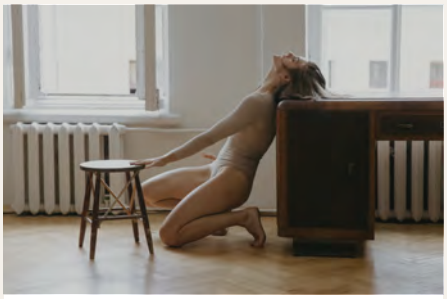
ONGOING SUPPORT

Continue with scheduled follow-ups according to your selected program, allowing us to assess your response, revisit your goals, and adjust recommendations as needed.

To accommodate your busy schedule while keeping you on-track, we offer virtual and in-person appointments.

UNDERSTANDING *menopause*

The menopause transition is not a single event. Your symptoms, medical history, and goals matter more than fitting into a particular stage.



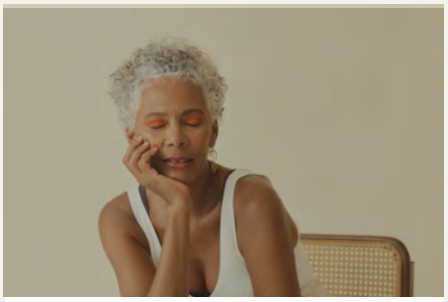
PERIMENOPAUSE

The years leading up to menopause, when hormonal fluctuations may contribute to menstrual changes and symptoms such as hot flashes, disrupted sleep, and mood changes. This transition varies considerably between individuals.



MENOPAUSE

Menopause is reached after 12 consecutive months without a menstrual period, when no other medical or physiological cause explains the absence of menstruation. It marks the end of natural reproductive cycling.



POSTMENOPAUSE

The years following menopause. Although some symptoms improve over time, others may persist. This stage also brings important considerations for bone, cardiovascular, metabolic, and genitourinary health.

Our approach recognizes that menopause is a natural transition, but symptoms that interfere with your quality of life deserve appropriate assessment and care.

TREATMENT *& Hormone Therapy*

There is no single treatment approach that is right for everyone.

Menopausal hormone therapy (MHT) can be an effective option for managing certain menopause-related symptoms. However, treatment decisions should always reflect your medical history, individual risk factors, symptom burden, and personal preferences.



HORMONAL TREATMENT

For appropriate candidates, MHT may help improve symptoms such as hot flashes, night sweats, and related sleep disturbances. Local vaginal estrogen may be considered for genitourinary symptoms.

NON-HORMONAL TREATMENT

For those who cannot or prefer not to use hormonal therapy, evidence-based non-hormonal medications and other symptom-specific interventions may be considered.



Lifestyle and behavioural strategies are an integral part of all menopause care at MAGY. Our goal is not to prescribe hormones to everyone. It is to help you understand your options and make informed decisions about your health.

CHOOSING YOUR *level of support*

Which approach to care best suits your needs?

Reflect on the questions below to clarify your goals, strengths, and potential barriers so we can determine the most appropriate care plan together.

ESSENTIALS MAY BE RIGHT FOR YOU IF:

- [ ] You're looking for a comprehensive menopause assessment and personalized recommendations.
- [ ] You prefer to focus on nutrition, lifestyle strategies, and/or limited medical intervention.
- [ ] Your symptoms are relatively stable and you do not anticipate frequent treatment adjustments.
- [ ] You want to understand your options before considering a longer-term program.

ANNUAL MAY BE RIGHT FOR YOU IF:

- [ ] You're experiencing persistent or evolving symptoms that require closer follow-up.
- [ ] You're beginning or continuing menopausal hormone therapy and need ongoing management.
- [ ] You would benefit from scheduled appointments to monitor your response and adjust treatment.
- [ ] You value a structured approach to navigating your menopause transition over time.

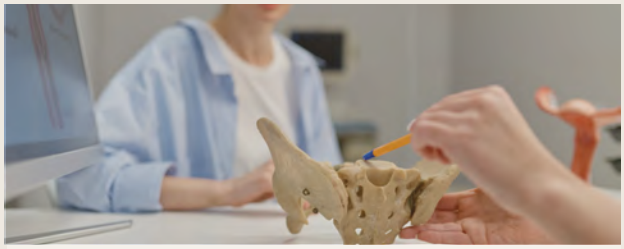
Not sure where to begin?

Your nurse practitioner can help determine the appropriate level of care based on your medical history, symptoms, and treatment goals.

HORMONES *& beyond*

Midlife is an opportunity to invest in your long-term health.

Symptom relief is often a priority, but our approach considers the full picture.



BONE & MUSCLE HEALTH

Changes in estrogen levels are associated with accelerated bone loss, while muscle strength and mass become increasingly important with age. We discuss movement, resistance training, nutrition, and appropriate screening.



CARDIOVASCULAR & METABOLIC HEALTH

Midlife is an important time to assess blood pressure, cholesterol, glucose regulation, body composition, and other cardiovascular risk factors.



NUTRITION & LIFESTYLE

Adequate protein, dietary quality, physical activity, sleep, and stress management are foundational elements of healthy aging. Our holistic practitioner helps translate these principles into practical, individualized recommendations.



PREVENTATIVE HEALTH

We consider appropriate screening, risk assessment, and opportunities for early intervention to support your health beyond the menopause transition.

Our focus extends beyond managing today's symptoms to supporting your health for years to come.

TRACK *your progress*



We track your progress through monthly body composition assessments using advanced bioimpedance technology, with results delivered directly to your mobile device for detailed insight into changes in body fat, lean mass, hydration, and overall trends.

While not intended for medical diagnosis, this data supports program adjustments and personalized care. Evidence-based clinical measurements, such as BMI and waist circumference, are also used to guide safe, individualized decision-making.

COMPLEMENTARY *therapies*

Care that considers how you look, how you feel, and how you want to age.



INTIMATE & GENITOURINARY HEALTH

Our women's health services include assessment and medical management of genitourinary concerns, alongside selected procedures such as diVa laser, PRP-based treatments and Profractional laser. Suitability, expected benefits, uncertainties, and risks are discussed individually.

SKIN HEALTH + HEALTHY AGING

From personalized skincare to injectables, skin rejuvenation, and energy-based treatments, we offer options to address changes in skin quality, texture, firmness, and appearance.

ADDITIONAL WELLNESS SUPPORT

Our team can also discuss nutritional support, body composition, and other individualized wellness services where appropriate.



Complementary treatments are optional and are not included in the program fee unless specifically stated.

PRICING *structure*

Two options to get care designed around what you need, with flexibility to adjust as your needs evolve.

ESSENTIALS

$1395
one time

Short-Term

A guided approach that provides essential clinical support, education, and structure to help you build a strong foundation. MHT is excluded from this program.

ANNUAL

$2995
annually

Long-Term

An ongoing, structured approach designed for continuous refinement and enhanced care. May or may not include MHT.

ESSENTIALS TO ANNUAL TRANSITION

$1,600 remaining investment

Clients who transition within the eligible 30-day period may apply their full $1,395 Essentials fee toward Annual care.

*Prescription medications, uninsured investigations, advanced testing, and optional treatments are billed separately unless expressly included. Program inclusions are subject to clinical appropriateness.

OUR *team*

Our menopause and midlife health program brings together the expertise of nurse practitioners and holistic health professionals who share a commitment to personalized, evidence-informed care.

We believe meaningful care begins with listening, understanding your individual priorities, and taking the time to develop recommendations that make sense for you.

With medical assessment, treatment planning, nutrition, and lifestyle support brought together in one setting, our aim is to make navigating midlife health more informed, coordinated, and approachable.

– Yours in Health,



EMILY VARGA,
NP



MELANIE PHOTOPOULOS,
NP



LEAH HONIBALL,
Holistic Nutritionist
+ ND Graduate

Medical Care

Melanie Photopoulos, NP
Emily Varga, NP

Holistic Health & Nutrition

Leah Honiball, Holistic Health Practitioner | CCNM Graduate

GETTING *started*

Taking the first step is simple.

Whether you're beginning to notice changes, navigating persistent symptoms, or simply looking to be more proactive about your health, we're here to help.
You don't need to know which treatment you need before you arrive. We'll take the time to understand your concerns, explore your options, and develop a plan that feels right for you.

BOOK YOUR INITIAL CONSULTATION

info@magy.ca magyskinhealth.com (647) 242-3508

IMPORTANT INFORMATION

PROGRAM DURATION & INCLUSIONS

The Essentials Program is valid for six months from the initial assessment date. The Annual Program provides 12 months of structured care from the initial assessment date. All included services and appointments must be used within the applicable program period. Unused services do not carry forward.

MEDICATIONS & TREATMENT

Treatment recommendations are individualized and based on clinical assessment. Menopausal hormone therapy (MHT) and other prescription medications are prescribed only when medically appropriate. Program enrolment does not guarantee a prescription, specific treatment, or clinical outcome. Prescription medication costs are not included in program fees.

LABORATORY & ADVANCED TESTING

Laboratory investigations are recommended when clinically indicated. Testing not covered by provincial or private insurance is billed separately. DUTCH testing may be offered selectively at an additional cost of approximately $500–$700 per test.

ONGOING CARE & ADDITIONAL APPOINTMENTS

Medical follow-up appointments outside the scheduled program visits are available when clinically indicated, including medication adjustments and other health-related concerns within the program's scope. Additional nutritional consultations or services beyond those included in your selected program may incur separate fees.

PROGRAM FEES, CANCELLATIONS & MEDICAL WITHDRAWAL

Essentials Program fees are non-refundable. For the Annual Program, partial refunds may be considered on a case-by-case basis when requested within 90 days of program initiation, accounting for services already provided and costs incurred. Refund requests submitted after this period are not eligible for consideration.

In circumstances where a new or unforeseen medical condition prevents a client from safely continuing the program, a partial refund may be considered beyond the initial 90-day period. Such requests will be reviewed individually, taking into account medical circumstances, services rendered, and costs incurred. Approval is not guaranteed.

TRANSITIONING BETWEEN PROGRAMS

Essentials clients may transition to the Annual Program within 30 days of initiating Essentials. The full $1,395 Essentials fee may be credited toward the Annual Program's $2,995 fee, with completed appointments counted toward the Annual Program's inclusions. Program transitions are subject to clinical appropriateness.

COMPLEMENTARY SERVICES

Additional skin health, intimate wellness, and other in-clinic treatments are optional and billed separately unless expressly included in your selected program. Included products and treatments are provided based on clinical suitability.

CONTINUITY OF CARE

Our program is intended to complement, rather than replace, your existing primary care. Referral to other healthcare providers or specialists may be recommended when appropriate.