

Good, the Bad and the Unknown of the Menopausal B

author:



2026-06

Synopsis

What happens in the brain during menopause? As it turns out, the brain gets remodeled, and even rewired, during that very specific time of life. And, while menopause often includes symptoms like hot flashes, brain fog, and mood swings... you may be surprised to learn itâ€™s not all bad! On this episode of Chasing Life, Dr. Sanjay Gupta learns from neuroscientist Dr. Lisa Mosconi that there are upsides to this biological phase natural to half the human population. Plus, ways female-identifying people can prepare for it, and a possible link between menopause and Alzheimerâ€™s. To learn more about how CNN protects listener privacy, visit cnn.com/privacy Learn more about your ad choices. Visit podcastchoices.com/adchoices

Reader's comments

comment 1:

â€"â€" ()