

English	Simplified Chinese (Mandarin) / 简体中文
<p>Signs and symptoms of menopause</p> <p>Most women will experience symptoms of menopause and many women will experience early symptoms while still having periods.</p> <p>Menopausal symptoms can begin months or even years before your periods stop and can last for years after.</p> <p>If you go through the menopause because of surgical or medical treatments, you are likely to experience the symptoms of menopause much less gradually.</p>	<p>绝经的体征和症状</p> <p>大多数女性会经历绝经症状，而许多女性会经历早期绝经症状，但仍正常行经。</p> <p>绝经症状可能从停经数月甚至数年前就开始出现，并可在停经后数年仍持续。</p> <p>如果因手术或医疗而进入绝经期，您的绝经历程可能会更加突然。</p>
<p>What to expect</p> <p>The first sign of the menopause is usually a change in the normal pattern of your periods. You may start having either unusually light or heavy periods.</p>	<p>会经历哪些症状？</p> <p>最早的绝经期表现通常是月经模式发生改变，月经量可能开始变得异常少或异常多。</p>

<p>The frequency of your periods may also be affected. You may have one every two or three weeks, or you may not have one for months at a time. Eventually, you'll stop having periods altogether.</p> <p>All women will experience the menopause differently, but there are some common symptoms that are helpful to look out for. Some you will be aware of, but some that might be unexpected.</p> <p>It can be really helpful to know the common symptoms of the menopause and how these might affect you. Many women feel unaware of and unprepared for the range, severity and impact of the symptoms.</p>	<p>月经间隔时间也可能受到影响。可能间隔2或3周，甚至可能间隔数月，直至最终完全停经。</p> <p>虽然女性的绝经症状各不相同，但仍存在一些值得关注的常见症状。您可能了解一些绝经症状，但还有一些症状您可能并不了解。</p> <p>了解常见绝经症状以及这些症状对您的影响，真的很有帮助！多数女性不了解绝经症状有哪些，也不了解这些症状的严重程度和影响，并且未做好相应准备。</p>
<p>Common symptoms of menopause</p> <p>Common symptoms of the menopause include:</p> <ul style="list-style-type: none">• anxiety• changes in mood - such as low mood or irritability• changes in skin conditions, including dryness or increase in oiliness and onset of adult acne• difficulty sleeping – this may make you feel tired and irritable during the day• discomfort during sex	<p>常见绝经症状</p> <p>常见绝经症状包括：</p> <ul style="list-style-type: none">• 焦虑；• 情绪变化-如情绪低落或易激惹；• 皮肤状况变化，包括干燥或出油增加和成人痤疮发作；• 睡眠困难——可能导致白天感觉疲倦和易暴躁；

- feelings of loss of self
- hair loss or thinning
- headaches or [migraines](#)
- [hot flushes](#) – short, sudden feelings of heat, usually in the face, neck and chest, which can make your skin red and sweaty
- increase in facial hair
- joint stiffness, aches and pains
- loss of self confidence
- [night sweats](#) – hot flushes that occur at night
- [palpitations](#) – heartbeats that suddenly become more noticeable
- problems with memory, concentration and 'brain fog'
- recurrent [urinary tract infections \(UTIs\)](#), such as [cystitis](#)
- [reduced sex drive \(libido\)](#)
- tinnitus
- vaginal dryness and pain

Menopause can also increase your risk of developing certain other problems, such as [weak bones \(osteoporosis\)](#) or [cardiac disease](#).

- 性行为不适；
- 感觉丧失自我；
- 毛发脱落或稀疏；
- 头痛或[偏头痛](#)；
- [潮热](#)——短暂、突发热感，通常出现于面部、颈部和胸部，导致皮肤发红、出汗；
- 面部毛发量增加；
- 关节僵硬、隐痛和疼痛；
- 自信心丧失；
- [盗汗](#)——夜间潮热；
- [心悸](#)——心跳突然很明显；
- 记忆力和注意力下降以及“脑雾”；
- 复发性[尿路感染 \(UTIs\)](#)，如[膀胱炎](#)；
- [性冲动 \(性欲\) 减退](#)；

<p>You can speak to someone at your GP practice about your symptoms and ask if they're related to menopause. You can also say if you would prefer to see a female rather than a male health professional.</p> <p>Further information about postmenopausal health</p>	<ul style="list-style-type: none"> • 耳鸣； • 阴道干燥和疼痛； <p>绝经期也可能增加女性发生某些其他健康问题的风险，如骨骼脆弱（骨质疏松症）或心脏疾病。</p> <p>您可以向GP诊所的医疗保健专业人员说明症状，询问是否与绝经期有关。您也可以说明更希望接诊的医疗保健专业人员是女性而不是男性。</p> <p>有关绝经后期健康的更多信息</p>
<p>Support managing your symptoms</p> <p>Some symptoms of menopause can be hard to live with. To be able to manage your symptoms, you need understanding from those around you. Menopause Cafes can provide a helpful place to talk to other people about menopause.</p> <p>Speak to our GP if:</p> <ul style="list-style-type: none"> • you have menopausal symptoms that are troubling you 	<p>绝经症状管理支持</p> <p>某些绝经症状可能很难忍受。为管理绝经症状，您需要周围人的理解。Menopause Cafes是很好的场所，在这里，您可以与其他人谈论绝经话题。</p> <p>如果有下列情况，您可以向GP说明：</p> <ul style="list-style-type: none"> • 绝经症状正在困扰您；

<ul style="list-style-type: none"> • you're experiencing symptoms of the menopause before 45 years of age. <p>Your GP can usually confirm whether you are menopausal based on your symptoms, but a blood test to measure your hormone levels may be carried out if you're aged 40 to 45.</p> <p>Blood tests may also be carried out to help diagnose suspected premature menopause if you're under 40 and have menopausal symptoms.</p>	<ul style="list-style-type: none"> • 您在45岁之前出现了绝经症状。 <p>GP通常能根据您的症状确定是否处于绝经期，但若您的年龄为40-45岁，还可能要进行血液检查以测定激素水平。</p> <p>如果您的年龄为40岁以下，但出现了绝经症状并且怀疑过早绝经，也可能要进行血液检查以帮助确诊。</p>
<h3>Menopause and mental health</h3> <p>Many women experience symptoms of anxiety, loss of confidence, 'brain fog' and other symptoms relating to their mental health during menopause.</p> <p>These psychological symptoms are a result of the changes happening to your body and can have a big impact on your life.</p> <p>Sometimes these symptoms are not recognised as menopause symptoms, but if you know what to expect, it can help you decide on what to do to manage the symptoms and feelings you are experiencing.</p> <p>Further information about menopause and your mental wellbeing</p>	<h3>绝经期和心理健康</h3> <p>许多女性在绝经期出现焦虑、信心丧失、“脑雾”等心理健康相关症状。</p> <p>这些心理健康症状是女性身体变化所致，可能对女性的生活产生重大影响。</p> <p>您可能认为这些症状不是绝经症状，但若您了解可能会出现绝经症状，您就可以决定如何管理这些症状和感受。</p> <p>有关绝经期和心理福祉的更多信息</p>

<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese-simplified</p>	<p>若需了解波兰语版的更多信息, 请访问 : www.nhsinform.scot/translations/languages/simplifiedchinese</p>
<p>November 2021</p>	<p>2021年11月</p>