

English

Simplified Chinese (Mandarin) / 简体中文

Early and premature menopause

Menopause before the age of 45 is called early menopause. Menopause before the age of 40 is called premature menopause.

A spontaneous (natural) early menopause affects approximately 5% of the population before the age of 45.

Premature menopause, or premature ovarian insufficiency (POI), is defined as being menopause that happens before the age of 40.

Premature menopause is estimated to affect 1% of women under the age of 40 years and 0.1% of women under the age of 30 years.

绝经提前和过早绝经

45岁以下女性进入绝经期称为绝经提前。40岁以下女性进入绝经期则被称为过早绝经。

约5%的45岁以下女性出现自发性（天然性）绝经提前。

过早绝经或早发性卵巢功能不全（POI）是对40岁以下女性进入绝经期的定义。

估计有1%的40岁以下女性和0.1%的30岁以下女性出现过早绝经。

与平均年龄约45-55岁女性进入绝经期的情况不同，过早绝经表明卵巢功能异常。卵巢比正常情况提前数年停止排卵。

<p>Premature menopause is different to menopause which occurs at around the average age (45-55 years), as premature menopause means that the ovaries aren't working properly. They stop producing eggs years before they normally would.</p>	
<p>Causes of early and premature menopause</p> <p>Women can experience early or premature menopause for lots of different reasons including certain surgeries or cancer treatments.</p> <p>In 90% of women who experience premature menopause, the reason will be unknown.</p> <p>More about the causes of premature menopause</p>	<p>绝经提前和过早绝经的病因</p> <p>女性出现绝经提前或过早绝经的病因有很多，包括某些手术或癌症治疗。</p> <p>90%女性的过早绝经病因不明。</p> <p>有关过早绝经病因的更多信息</p>
<p>Signs and symptoms of early and premature menopause</p> <p>The symptoms of premature menopause are the same as perimenopause.</p> <p>If you are taking hormonal contraception, you might not notice a change in your periods but you may have other symptoms.</p>	<p>绝经提前和过早绝经的体征和症状</p> <p>过早绝经的症状与围绝经期症状相同。</p> <p>如果您采取了激素避孕，您可能不会注意到月经周期的变化，但您可能出现其他症状。</p>

<p>It's more unusual in younger women, so these symptoms can be missed or thought to be due to other conditions.</p> <p>Further information about signs and symptoms of menopause</p>	<p>过早绝经的症状在年轻女性中更不常见，因此年轻女性可能忽略这些症状或认为这些症状是其他疾病引起的。</p> <p>有关绝经期体征和症状的更多信息</p>
<p>Diagnosing early and premature menopause</p> <p>Speak to your GP if:</p> <ul style="list-style-type: none"> • you know you are not pregnant and your periods have stopped or have been coming less often (for around 4-6 months). <p>Your GP can carry out a blood test to measure your hormone levels.</p> <p>It can take a long time for a diagnosis of premature menopause to be made as symptoms could be due to other conditions. Your blood test can rule out diabetes and thyroid problems.</p>	<p>绝经提前和过早绝经的诊断</p> <p>如果有下列情况，您可以向GP说明：</p> <ul style="list-style-type: none"> • 您知道自己未怀孕，但已停经或月经频率降低（约4-6月一次）。 <p>GP可能安排血液检查，以测定您的激素水平。</p> <p>鉴于其他疾病也可能引起类似症状，过早绝经的确诊可能需要较长时间。血液检查后，可排除您患有糖尿病和甲状腺问题。</p>
<p>Management of early and premature menopause</p>	<p>绝经提前和过早绝经的管理</p>

<p>Having an early or premature menopause can increase the risk of osteoporosis (weak bones) and cardiovascular (heart) disease. It is believed that HRT can reduce these risks, as well as controlling menopausal symptoms.</p> <p>The current recommendation is that women experiencing an early or premature menopause should be offered hormonal therapy, unless there is a medical reason not to take it, and should continue until at least the average age of the menopause. By doing this, the hormones that would usually have been produced are being replaced.</p>	<p>女性出现绝经提前或过早绝经可能增加罹患骨质疏松症（骨骼脆弱）和心血管（心脏）疾病的风险。激素替代疗法（HRT）能降低这些风险，同时能控制绝经症状。</p> <p>当前的建议是，除非有不应使用激素疗法的医学依据，否则应向绝经提前或过早绝经的女性提供激素替代疗法，应至少持续至平均绝经年龄，以替代原来正常分泌的激素水平。</p>
<p>Early and premature menopause and fertility</p> <p>Early and premature menopause can affect your ability to have children naturally.</p> <p>Women experiencing early or premature menopause do not ovulate (release an egg) every month. This makes it difficult to get pregnant.</p> <p>If you want to have children, you might choose to use IVF and donated eggs from another woman, or using</p>	<p>绝经提前、过早绝经和生育能力</p> <p>绝经提前和过早绝经能影响女性的自然生育能力。</p> <p>绝经提前或过早绝经的女性不能每月排卵，因此很难怀孕。</p> <p>如果您想要孩子，您可以选择使用其他女性捐献的卵子进行体外受精（IVF）助孕。如果您之前储存了一些卵子，您可以用自己的卵子助孕。您也可以选择代孕或者收养。</p>

<p>your own eggs if you had some stored. Surrogacy and adoption may also be options for you.</p> <p>Studies have shown that a small percentage of women (5-10%) experiencing premature menopause (where the cause is unknown) do sometimes ovulate and become pregnant.</p> <p>If you don't wish to become pregnant you should continue to use contraception.</p> <p>Further information about early and premature menopause and fertility</p>	<p>研究表明，小部分（5-10%）过早绝经（病因不明）的女性有时能排卵，并且能成功怀孕。</p> <p>如果您不打算怀孕，您应继续避孕。</p> <p>有关绝经提前、过早绝经和生育力的更多信息</p>
<p>Support for early and premature menopause</p> <p>There is support available for women who experience early or premature menopause. You can visit Menopause Cafes, online forums, social media groups or support websites to hear from women with similar experiences.</p> <p>Some websites you may find useful are:</p> <ul style="list-style-type: none"> • The Daisy Network • Health Talk 	<p>针对绝经提前和过早绝经的支持</p> <p>绝经提前或过早绝经的女性可得到帮助。您可以访问Menopause Cafes、在线论坛、社交媒体团体或支持网站，聆听有相似经历的女性的故事。</p> <p>一些有用的网站如下：</p> <ul style="list-style-type: none"> • The Daisy Network • Health Talk • The Fertility Network • Menopause Matters

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