

English	Simplified Chinese (Mandarin) / 简体中文
<p>Supporting someone through the menopause</p> <p>The menopause can be associated with many physical and emotional changes for women, and this can make it a challenging and complicated time.</p> <p>If you know someone who might be going through menopause or perimenopause, it's useful for you to find out more about how you can support them. Some women will drop out of the workforce if not supported, adapting working polices, such as providing access to flexible working, can help women remain in the workplace.</p>	<p>支持她度过绝经期</p> <p>绝经可能导致女性出现许多生理和心理变化，因此绝经期管理极具挑战和复杂性。</p> <p>如果您认识可能正处于绝经期或围绝经期的女性，这本手册有助于您了解更多如何支持她们的信息。一些得不到支持的女性可能不得不离职，因此调整就业政策，如提供灵活的就业机会，能帮助女性继续在岗工作。</p>
Learn more about menopause	了解绝经的更多信息

<p>Getting yourself and others informed is a really important step. It'll give you an idea of what your partner, family member, friend or colleague might be going through.</p> <p>A good first step would be to learn about all the various symptoms of the menopause, the impact these symptoms may have on your loved one and others as well as the potential treatments and support available.</p> <p>Further information about menopause</p>	<p>您和您周围的人需要了解绝经，从而了解您的伴侣、家人、朋友和同事可能经历的困难。</p> <p>您首先需要了解所有的绝经症状以及这些症状可能对您的爱人和其他人的影响，同时需要了解现有的治疗方法和支持措施。</p> <p>绝经的更多信息</p>
<p>Listen to them</p> <p>Communication is key. Ask them about how they feel or what they're going through. It's important to keep in mind that not everyone might want to talk about certain symptoms or feelings. It is also important to remember that everyone's menopause is different so don't make assumptions about what they are experiencing. However, letting them know you're there if they need you will make them feel supported.</p>	<p>聆听</p> <p>沟通是关键所在。您可以询问她们的感受或她们正在经历什么。请记住，不是每个人都想说出自己的绝经症状或感受。也请记住，女性的绝经症状和感受各不相同，不要猜测她们正在经历什么。但让她们知道，如果她们需要，只要您在身边，她们就能感受到您的支持。</p>
<p>Encourage them</p> <p>They might not feel like doing things they normally would, and their self-esteem might be low. Words of encouragement can help make them feel more uplifted and empowered.</p>	<p>鼓励她们</p> <p>她们可能不想做平常做的事情，她们的自信心也可能很低。多说些鼓励的话，这能让她们感到更振奋和更有力量。</p>

<p>Inviting them to engage with a range of people or activities will also provide opportunities to feel good about themselves even when experiencing symptoms.</p>	<p>邀请她们与各种各样的人接触或参加各种活动，为她们提供机会，让她们即使正经历绝经症状也能自我感觉良好。</p>
<p>Help with their symptoms</p> <p>An active, healthy lifestyle can ease some of the symptoms of menopause. You can encourage them to go for a walk, a swim or try a yoga class to get more active.</p> <p>Cutting down on alcohol and quitting smoking can help reduce the symptoms of menopause, so changing the ways you spend time together or socialise can really help. For example, cooking a healthy meal together rather than going to the pub.</p> <p>You can also talk to them about the treatment options they're offered by their GP. They might even appreciate your support or company when they go to the GP if appropriate.</p> <p>Further information about symptoms of menopause</p>	<p>帮助她们缓解症状</p> <p>积极、健康的生活方式能缓解一些绝经症状。您可以鼓励她们去散步、游泳或参加瑜伽课，让她们活跃起来。</p> <p>减少酒精摄入和戒烟有助于减轻绝经症状，因此改变您与她们生活或社交方式会很有帮助。如一起做一顿健康的饭菜，而不去酒吧。</p> <p>您也可以与她们聊聊GP提供的治疗方案。如果您支持或陪伴她们在适当情况下咨询GP，她们可能会非常感激。</p> <p>绝经症状的更多信息</p>
<p>Sexual wellbeing and intimacy</p> <p>Women can experience a loss of sexual desire or sex drive (libido) due to hormone changes that take place during menopause. They may find they no longer want to have sex and</p>	<p>性福和亲密关系</p>

that can be very upsetting for them and/or their partner. Other symptoms that can affect desire for sex can include:

- vaginal dryness and discomfort that makes penetrative sex uncomfortable or painful
- night sweats that affect sleep and energy for sex
- emotional changes that can make someone feel too stressed or upset for sex

There are treatment options that help ease or manage some of these symptoms. However, if you are supporting your partner who is going through the menopause it's just as important to ask how they are feeling and what they are experiencing so you can provide the type of support they need and want.

There are also a lot of ways to show love and care towards a partner. Regularly talking about different ways to feel close to each other and spending time together more generally is important.

It is still possible to get pregnant when perimenopausal, so it's important that you continue conversations about contraception should you need it.

[Further information about loss of sex drive](#)

因为绝经期的激素水平变化，女性可能出现性欲或性冲动丧失。

她们可能不再想过性生活，这可能会让她们和/或伴侣很沮丧。其他可影响性欲的症状包括：

- 阴道干燥和不适导致性交时不舒服或痛苦；
- 盗汗影响睡眠和性交精力；
- 情绪变化导致女性对性生活感觉压力太大或太沮丧；

可选择治疗方法以缓解或管理上述症状。如果您想给绝经期的伴侣提供支持，询问她们的感受和经历也同样重要，这样您就能提供她们需要和想要的支持。

还有许多方式可向您的伴侣表示爱和关心，例如定期谈论可以通过哪些方式让彼此更亲近，即便是寻常的共度时光也很重要。

围绝经期女性也可能妊娠，因此如果需要避孕，您应与伴侣商量如何继续避孕。

[性冲动丧失的更多信息](#)

Menopause and the workplace

Many women have said that they often find managing symptoms of the menopause in the workplace very challenging. Coping with symptoms in the workplace can be hard, especially as many women find it difficult to talk about menopause at work.

It is important that women feel supported to continue working throughout their menopause.

There are lots of small changes that managers and organisations can make to ensure workplaces are healthy and welcoming places for women going through menopause.

[Further information about menopause and the workplace](#)

绝经期和工作场所

许多女性表示，在工作场所管理绝经症状往往**很有挑战性**。女性可能难以在工作场所应对绝经症状，尤其是许多女性发现工作中很难开口谈论绝经期。

重要的是，绝经期女性能得到支持而继续工作。

管理者和工作单位可以**做出很多细微调整**，确保绝经期女性有一个健康友好的工作场所。

[绝经期和工作场所的更多信息](#)

Supporting staff

The menopause is a normal transition for many women. By providing help and support for women who are managing menopause symptoms at work, employers can contribute to a positive workplace environment.

There are lots of things you can do to [provide menopause support at work](#). Providing practical support also helps to show that women are valued members of staff.

支持员工

绝经期是许多女性的正常过渡时期。为管理绝经症状的女性员工提供**帮助和支持**，让她们能在积极的工作环境中认真工作。

您可以做许多事情，为[工作岗位上的绝经期女性提供支持](#)。提供实际的支持也能让**女性员工感受公司的重视**。

<p>It's also important to remember that many women see menopause as a private matter and should not be asked directly about it by those they work with. For this reason, supporting initiatives such as Menopause Cafes or providing ways women can access support beyond their line manager is vital.</p> <p>Menopausal symptoms can also be protected by employment law. It is important that managers and colleagues feel informed and comfortable about symptoms and impact of menopause.</p> <p>Further information about menopause and the workplace</p>	<p>同样要记住，许多女性认为绝经期是私事，同事或管理者不应直接询问。因此，举办Menopause Cafes或提供直线经理外的支持等举措至关重要。绝经期女性还可以得到劳动法的保护。重要的是，管理者和同事了解并接纳绝经期的症状及影响。</p> <p>绝经期和工作场所的更多信息</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>
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