

Managing Symptoms

- Get plenty of rest, including keeping to a regular sleep routine.
- Eat a healthy diet including lots of fruit and vegetables.
- Be active such as going for a walk, ideally outside.
- Speak with your doctor to find out about hormone replacements which maybe suitable.

Hormone Replacement Therapy (HRT)

Lost hormones can be replaced, the type and dosage will vary according to your needs. There are many different combinations available, from tablets, skin patches, gels and sprays.

More information

themenopausecharity.org
nhs.uk/conditions/menopause
syics.co.uk/workforce-wellbeing



Let's talk menopause



What is the menopause?

Menopause is when your periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55 but it can happen earlier. It affects anyone who has periods.

Menopause can happen naturally or reasons such as surgery to remove the ovaries, uterus or cancer treatments.

Perimenopause

Is when you have symptoms of menopause but your periods have not stopped. Perimenopause ends when you have not had a period for 12 months.

Symptoms of Menopause and Perimenopause

Symptoms can feel different from person to person and include.

- Changes to how you are feeling for example low mood, anxiety, mood swings and low self-esteem.
- Problems with memory or concentration (brain fog).
- Hot flushes, when you have sudden feelings of hot or cold in your face, neck and chest which can make you dizzy.
- Difficulty sleeping, which may be a result of night sweats and make you feel tired and irritable during the day.
- Palpitations, when your heartbeat suddenly becomes more noticeable.
- Headaches and migraines that are worse than usual.
- Muscle aches and joint pains.
- Changed body shape and weight gain.
- Skin changes including dry and itchy skin.
- Reduced sex drive.
- Vaginal dryness and pain, itching or discomfort during sex.
- Recurrent urinary tract infections (UTIs).
- Sensitive teeth, painful gums or other mouth problems.