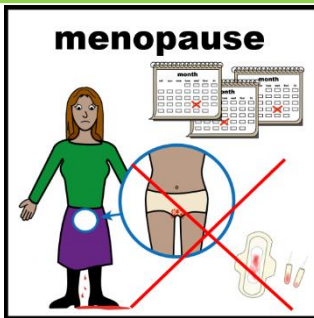


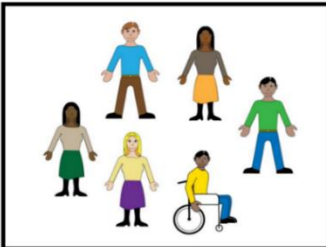


Menopause

Introduction to Menopause



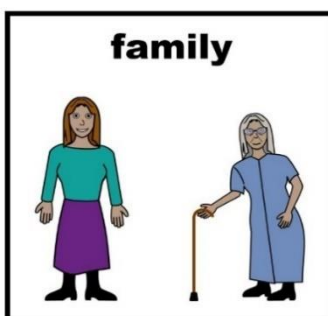
- The menopause is when you stop having periods.
- The perimenopause is when you have symptoms of the menopause, but your periods have not stopped.



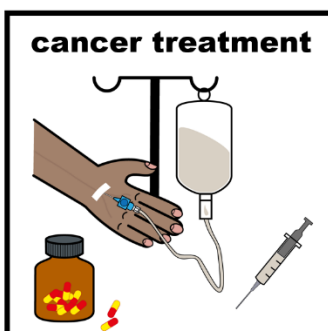
- This is normal and happens to all women when they get older.



- If you do not see yourself as a woman (for example you are transgender/intersex/non binary), but you have a period you may still go through the menopause.

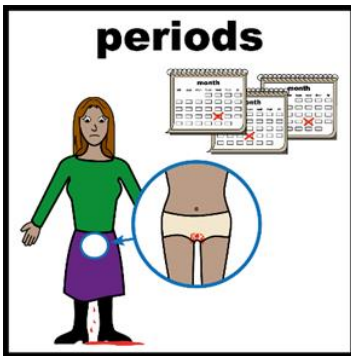


- The menopause usually starts when you are in your 40s or 50s but someone with a learning disability might go through the menopause earlier.
- You may go through the menopause at a similar age to when others in your family did.

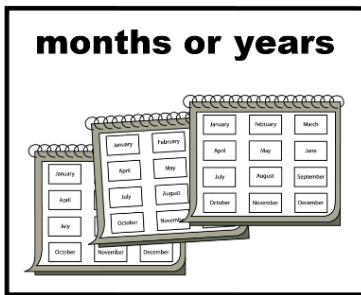


- Some cancer treatments can make the menopause happen earlier.

What will happen during the menopause?



- You might not have periods as often.
- Your periods might change.
- They may be longer or shorter than before.
- Your bleeding may be heavier or lighter than before.



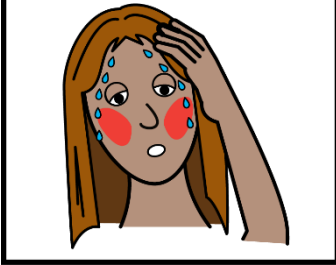
- This change may last for months or years before your periods stop.
- Some people do not have any changes and their periods just stop.



- It may be useful to keep a diary of when your periods happen and what they are like.

Signs of the menopause

hot



The menopause is different for everyone. Some of the signs of menopause are:

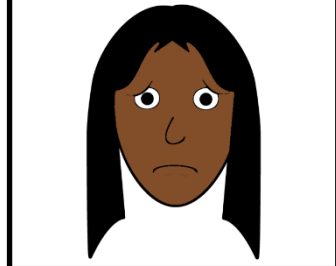
- Hot flushes – you might feel very hot and sweaty. This can happen suddenly and make you feel dizzy. It may be worse at night.

headache



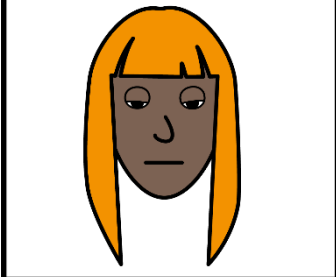
- Headaches.
- Your body might ache.
- You might forget things and find it hard to concentrate.

feeling unhappy



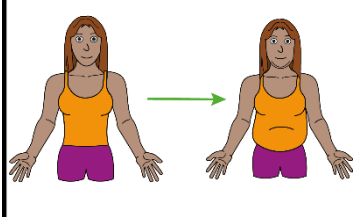
- You might notice changes in how you feel. You may feel sad, angry, tearful, forgetful, or worried.
- You may feel that you do not want to have sex as often as before the menopause.

tired



- Your vagina may feel sore, dry and itchy.
- You might have problems sleeping at night and then feel tired during the day.
- You may get urine infections (UTI's). You may feel pain when weeing or you may wee more often.

weight gain

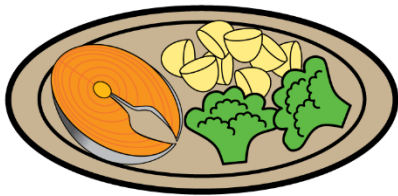


- You might put on weight and your body might look different.

You can see your doctor if you are experiencing any of these signs.

Changes you can make to help with the menopause

healthy meal



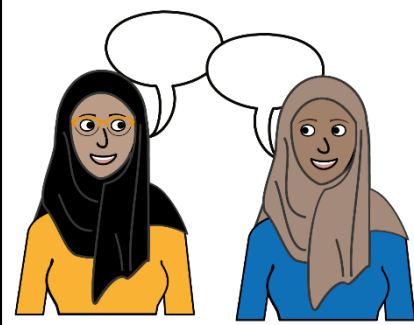
exercise



sleep

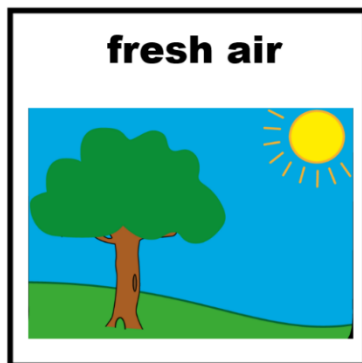


talking



- Eat healthy foods.
- Exercise.
- Drink less alcohol.
- Drink less tea, coffee, coke and eat less chocolate.
- Stop smoking.
- Try to follow a good sleep routine and have lots of rest.
- Do something you find relaxing.
- Talk to other people who are going through the menopause.

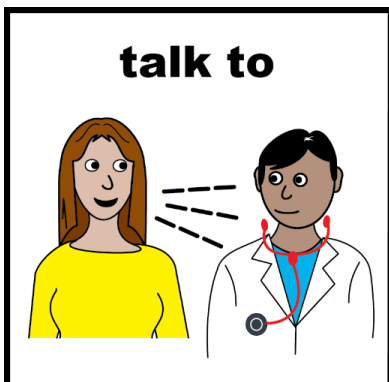
How to manage hot flushes



- Drink plenty of cold water.
- Wear thin clothing, such as vests, t-shirts and dresses made from natural fibres such as cotton.
- Dress in layers so you can remove layers if you get very warm.
- Open windows or go outside to get fresh air.
- Have cool showers.
- Avoid alcohol, drinking lots of tea, coffee, coke and eating lots of chocolate and spicy foods as these may make hot flushes worse.

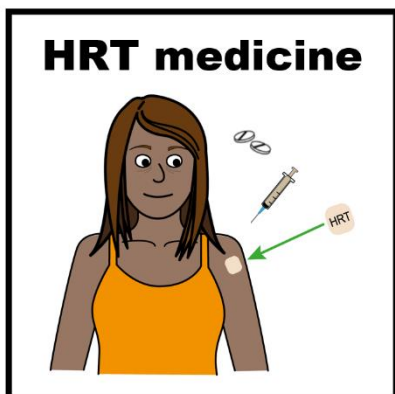
What a doctor can do to help with the menopause

talk to



- If you have made changes to your lifestyle and these have not helped the doctor can tell you about other things.

HRT medicine



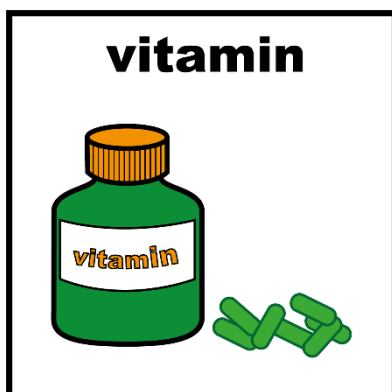
- Hormone replacement therapy (HRT) is a medicine used to help with the signs of the menopause. It can be given as a patch, gel, tablet or injection.

talking



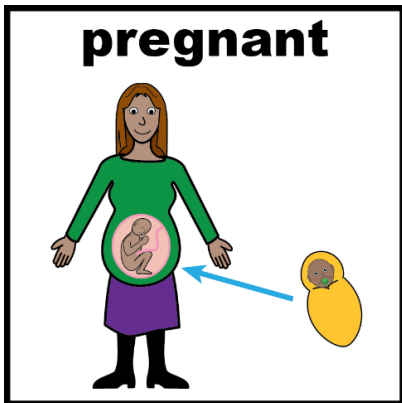
- Cognitive behavioural therapy (CBT) is a talking therapy which can help with changes in your mood caused by the menopause.

vitamin

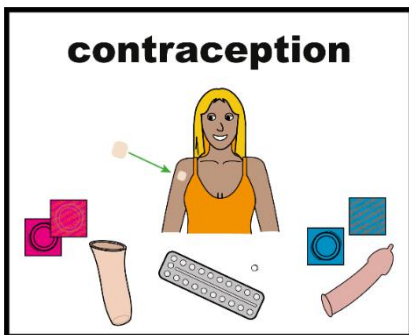


- Taking vitamins such as vitamin B6 and vitamin D.

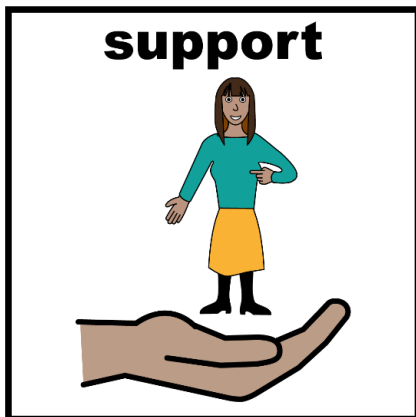
Important things to remember about the menopause



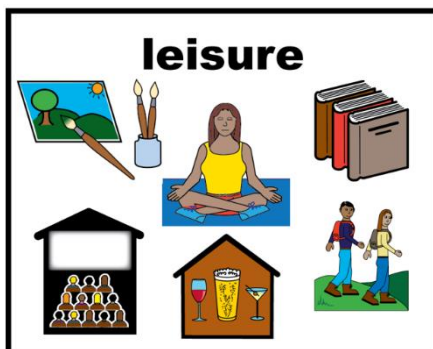
- You can still get pregnant whilst you are going through the menopause.



- You still need to use contraception when having sex.



- It helps to talk to people who know what it is like to go through the menopause.
- Don't be afraid to ask for help.

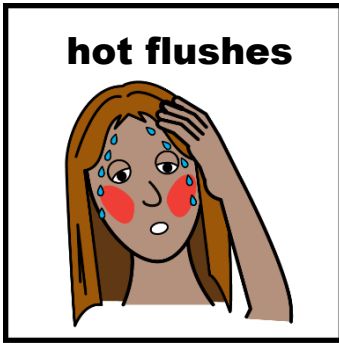


- Remember the menopause is normal. It should not stop you doing things you like to do.

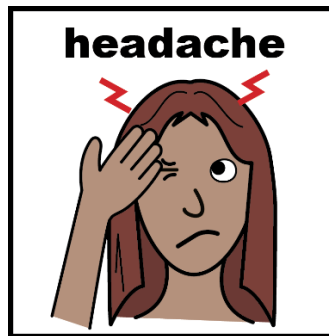
Menopause symptom checklist

Tick all the symptoms that you have

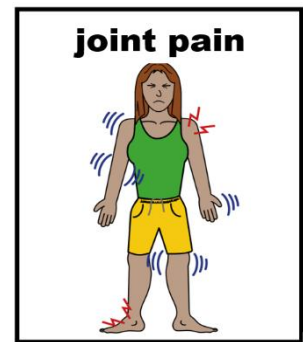
Yes ✓



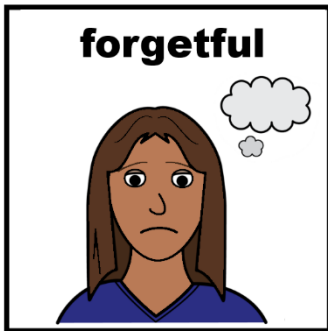
Yes ✓



Yes ✓



Yes ✓



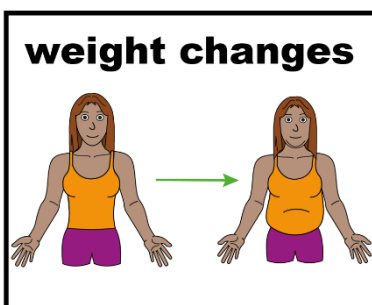
Yes ✓



Yes ✓



Yes ✓



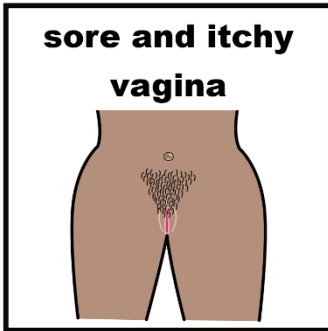
Yes ✓



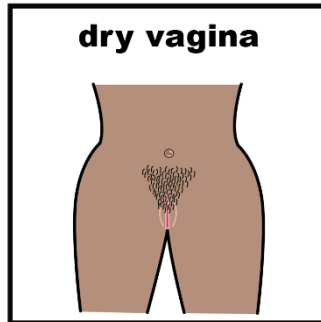
Menopause symptom checklist

Tick all the symptoms that you have

Yes ✓



Yes ✓



Yes ✓



Mood changes

Yes ✓



Yes ✓



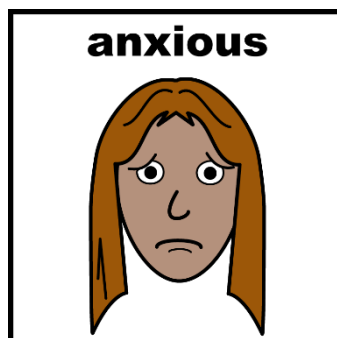
Yes ✓



Yes ✓



Yes ✓



Yes ✓



Period diary

Colour in the boxes when you have a period.

January 20 _ _

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 20 _ _

1	3	3	4	5	6	7
11	12	13	14	15	16	17
21	22	23	24	25	26	27
28	29					

March 20 _ _

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 20 _ _

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 20 _ _

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 20 _ _

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Period diary

Colour in the boxes when you have a period.

July 20 __

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 20 __

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 20 __

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 20 __

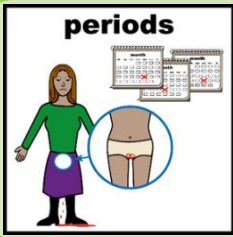
1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 20 __

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 20 __

1	3	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Period changes

Write any changes to your periods in the box below:

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This booklet was created by the Health Facilitation Team at Leeds and York Partnership Foundation Trust.

