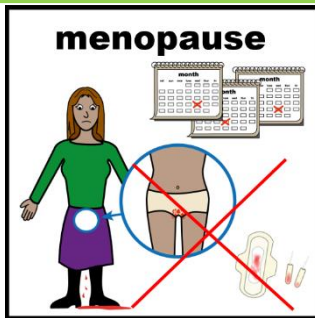




# Menopause

## Introduction to Menopause



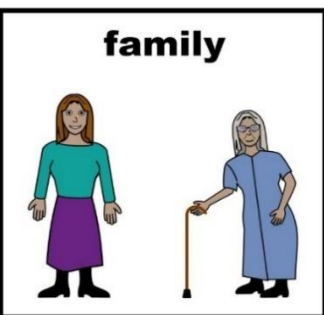
- The menopause is when you stop having periods.
- The perimenopause is when you have symptoms of the menopause, but your periods have not stopped.



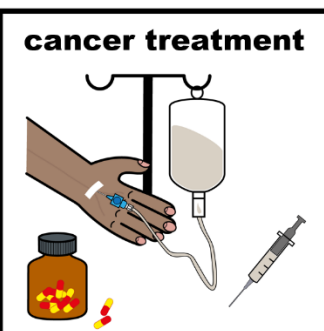
- This is normal and happens to all women when they get older.



- 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.



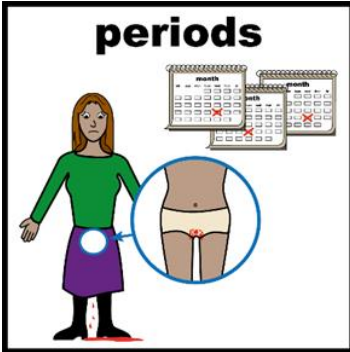
- The menopause usually starts when you are in your 40s or 50s but someone with a learning disability might go through the menopause earlier.
- You may go through the menopause at a similar age to when others in your family did.



- Some cancer treatments can make the menopause happen earlier.

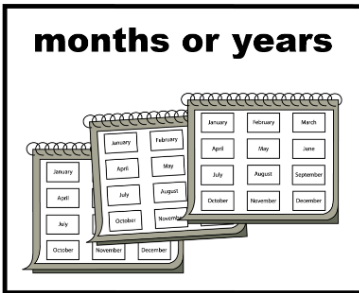
# What will happen during the menopause?

## periods



- 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.

## months or years



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

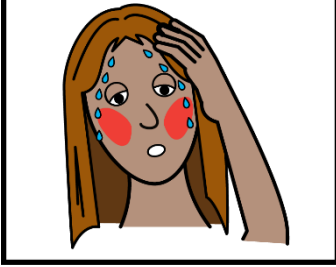
## diary



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

# Signs of the menopause

**hot**



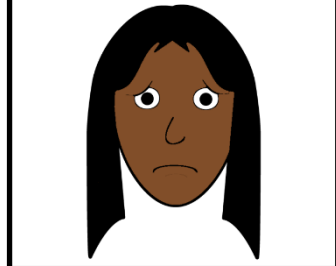
The menopause is different for everyone. Some of the signs of menopause are:

- Hot flushes – you might feel very hot and sweaty. This can happen suddenly and make you feel dizzy. It may be worse at night.
- Headaches.
- Your body might ache.
- You might forget things and find it hard to concentrate.
- 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.
- 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.
- You might put on weight and your body might look different.

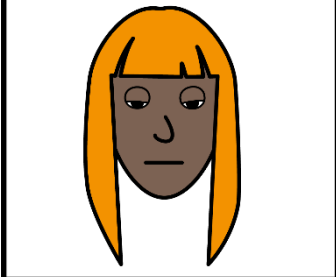
**headache**



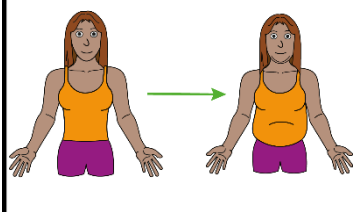
**feeling unhappy**



**tired**



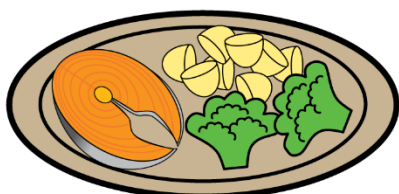
**weight gain**



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

# Changes you can make to help with the menopause

## healthy meal



- Eat healthy foods.

- Exercise.

- Drink less alcohol.

## exercise



- Drink less tea, coffee, coke and eat less chocolate.

- Stop smoking.

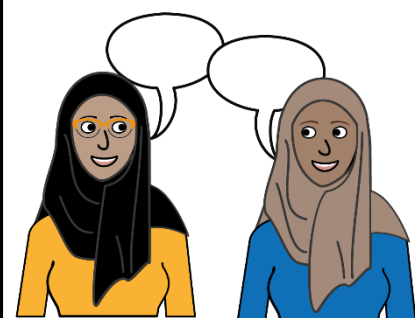
## sleep



- Try to follow a good sleep routine and have lots of rest.

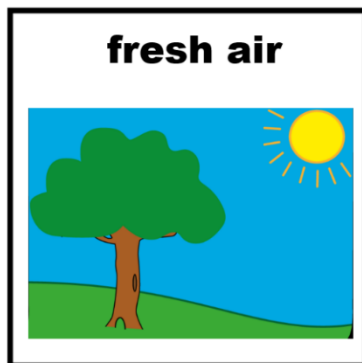
- Do something you find relaxing.

## talking



- 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.

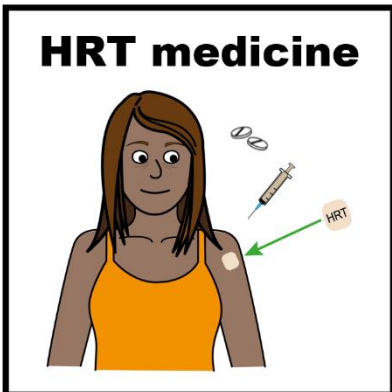
# What a doctor can do to help with the menopause

## 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



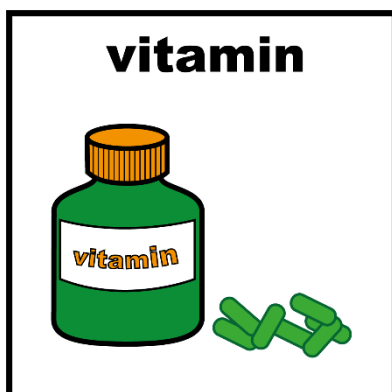
- Hormone replacement therapy (HRT) is a medicine used to help with the signs of the menopause. It can be given as a patch, gel, tablet or injection.

## talking



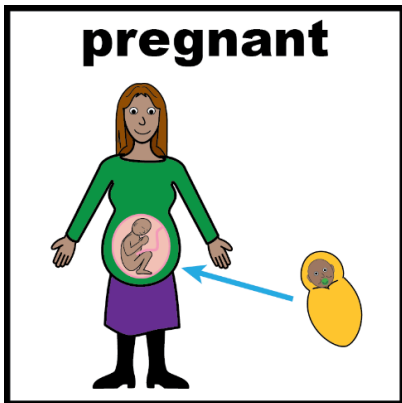
- Cognitive behavioural therapy (CBT) is a talking therapy which can help with changes in your mood caused by the menopause.

## vitamin

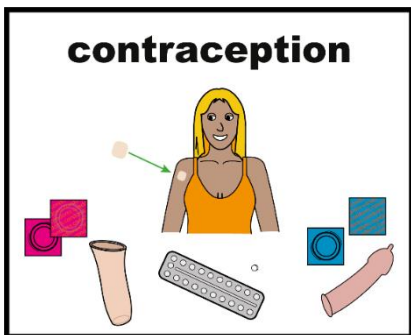


- Taking vitamins such as vitamin B6 and vitamin D.

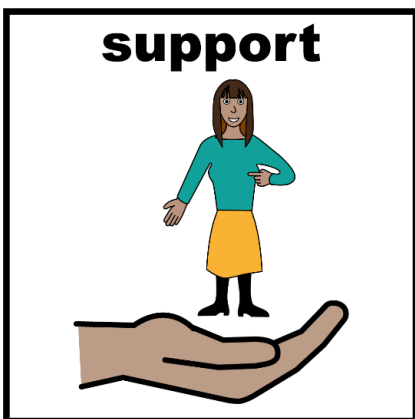
# Important things to remember about the menopause



- 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.

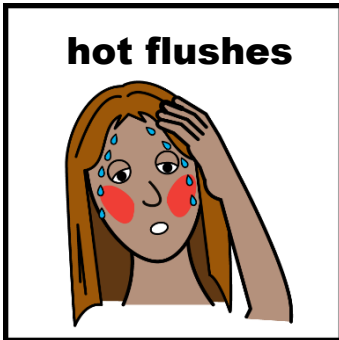
# Menopause symptom checklist

Tick all the symptoms that you have

Yes ✓

☐

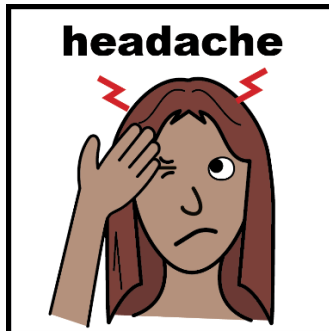
**hot flushes**



Yes ✓

☐

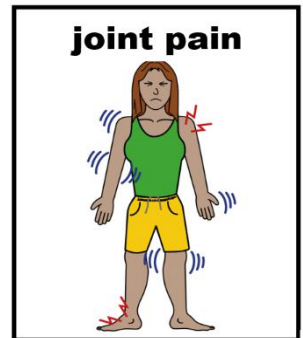
**headache**



Yes ✓

☐

**joint pain**



Yes ✓

☐

**forgetful**



Yes ✓

☐

**poor sleep**



Yes ✓

☐

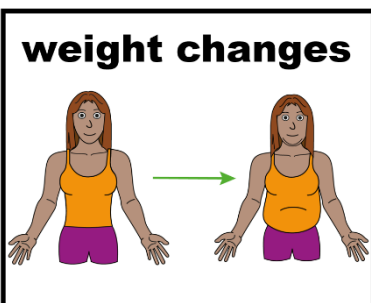
**tired**



Yes ✓

☐

**weight changes**



Yes ✓

☐

**do not want  
sex as often**



**do not want  
sex as often**

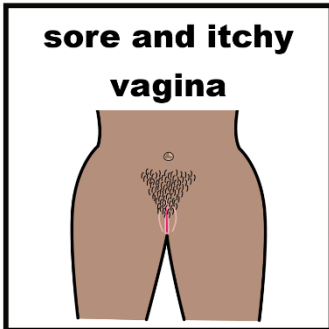




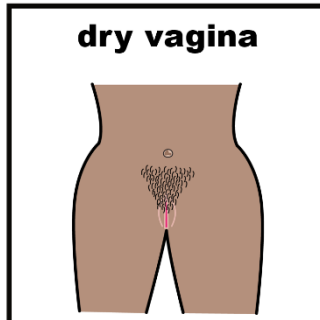
# Menopause symptom checklist

Tick all the symptoms that you have

Yes ✓ ☐



Yes ✓ ☐



Yes ✓ ☐



## Mood changes

Yes ✓ ☐



Yes ✓ ☐



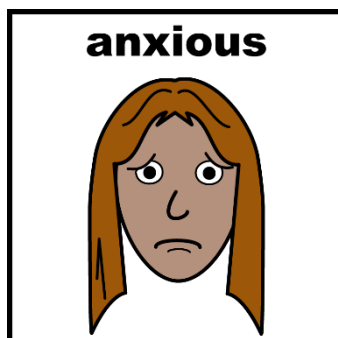
Yes ✓ ☐



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	2	3	4	5	6	7
11	12	13	14	15	16	17
21	22	23	24	25	26	27
28	29					

March 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				

April 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					

May 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				

June 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					

# Period diary

Colour in the boxes when you have a period.

July 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				

August 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				

September 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					

October 20 \_ \_

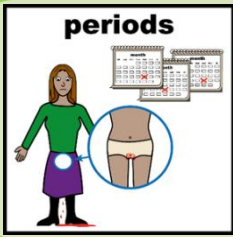
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 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					

December 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				



## Period changes

Write any changes to your periods in the box below:

.....

.....

.....

For more information go to: [Menopause - NHS \(www.nhs.uk\)](http://www.nhs.uk)

This booklet was created by the Health Facilitation Team at

**NHS**  
Leeds and York Partnership  
NHS Foundation Trust

