

MENOPAUSE

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WHAT IS MENOPAUSE?

- The time periods stop permanently.
- However may have symptoms for many years before this final period

PERIMENOPAUSE

- This is the time before periods stop
- Can be as early as 45
- Periods may remain regular but may change to being heavier/lighter
- May experience changes in mood

SYMPTOMS OF MENOPAUSE

- Hot flushes
- Night sweats
- Vaginal dryness
- Pain with sexual intercourse
- Headaches
- Dry/itchy skin

CONTINUED....PSYCHOLOGICAL

- Depression
- Irritability
- Mood swings
- Anxiety
- Poor sleep
- Tiredness
- Loss of sex drive

LONG TERM PROBLEMS DUE TO MENOPAUSE

- Osteoporosis - weakening of bones
- Cardiovascular disease (heart attacks biggest killer of women at age of 60)
- Weight gain
- Increased risk of cancer

HOW LONG DOES MENOPAUSE LAST FOR?

- Up to 15 years from start to finish
- See it as a period of transition and an opportunity to look at lifestyle
- Brain fog and memory do improve once through it
- Need for oestrogen decreases as we get older
- 60's are often best decades of women's lives - no periods, children grown up.

HORMONE REPLACEMENT THERAPY

- Oestrogen replacement which is combined with progesterone if you have your womb to prevent womb cancer
- The aim of HRT is to replace the oestrogen lost through menopause and protects you from future risk of heart disease, osteoporosis and dementia.

LIFESTYLE

- Eat healthy diet with plenty of fruit and vegetables
- Avoid sugar especially in evening as can cause night sweats
- Exercise - can help lift mood walking for half an hour daily can make a difference
- However HRT is most effective to help

VITAMINS AND SUPPLEMENTS

- Vitamin D (especially important at moment)
- Magnesium (helps with bones, muscles and sleep)
- Gets thyroid, vitamin B12, sugar levels and cholesterol checked by GP
- Probiotics may help in low mood

SUPPLEMENTS

- Evening Primrose Oil - doesn't work but good for breast tenderness
- Red Clover Isoflavanes 80mg can help hot flushes
- St Johns Wort combined with Black Cohosh can help with low mood and depression
- Vitamin E - Doesn't work for reducing hot flushes
- Pro-biotic- more studies but can help with mood

WHO AM I?

Hazel Hayden

Run Bristol Menopause Clinic

Work in Out of Hours as well

RGN NMP

BMS Menopause Certificate

MSc sexual health in Menopause