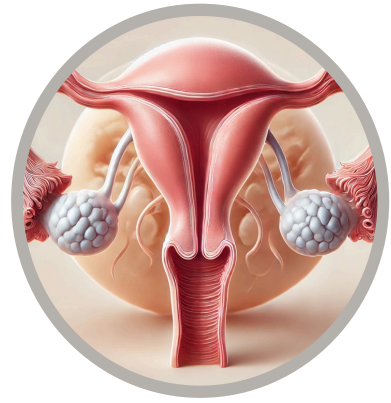


# MENOPAUSE

A guide to  
understanding and  
managing the change



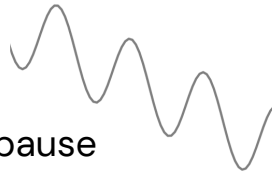
## What is menopause?

Menopause is when a woman's periods stop, ending her ability to have children. It typically happens between ages 45 and 55 but can occur earlier.

## Stages of menopause

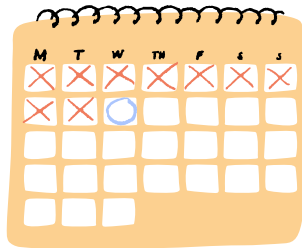
### 1. Perimenopause

The time before menopause when hormone levels change and symptoms start.



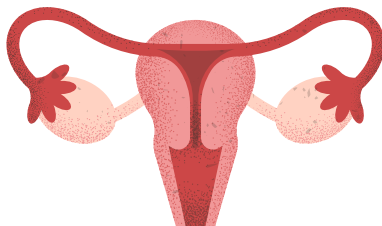
### 2. Menopause

When periods have stopped for 12 months in a row.



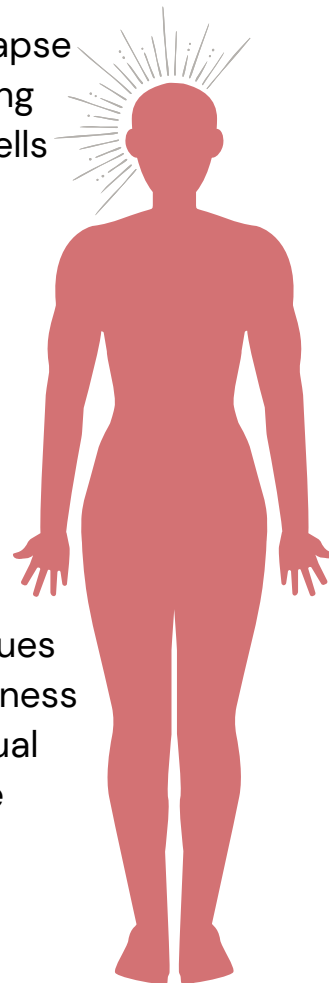
### 3. Post-menopause

The years after menopause when symptoms may still happen but usually get milder.



## Some common symptoms

Brain fog  
Memory lapse  
Mood swing  
Crying spells  
Anxiety



Hot flushes  
Night sweats  
Sleep disturbance  
Fatigue  
Weight gain  
Palpitations  
Joint pain

Bladder issues  
Vaginal dryness  
Painful sexual intercourse

There are many more symptoms and they can come and go and change in severity

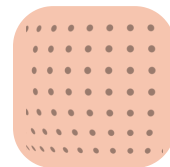
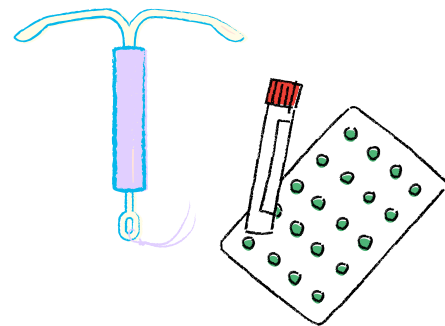
A natural change, not a medical condition

# Hormone Replacement Therapy (HRT)

HRT helps balance hormones and relieve symptoms.

Types include:

- Oestrogen-only HRT (for women who've had a hysterectomy)
- Combined HRT (oestrogen + progesterone for women with a uterus)
- Local HRT (creams, pessaries, rings for vaginal symptoms)
- Body-identical HRT (closer to natural hormones)



Speak to us to find the best option for you!

## Stress Reduction:

- Meditation & deep breathing
- Gentle yoga or tai chi
- Engaging in hobbies & social activities

## Nutrition for Hormonal Balance:

- Eat calcium & vitamin D-rich foods (dairy, leafy greens, fish)
- Increase protein for muscle support (chicken, beans, tofu)
- Reduce sugar & processed foods
- Stay hydrated!

## Lifestyle Tips for a Healthy Menopause

### Resistance Training & Movement:

- Strength training helps maintain muscle & bone health
- Daily walks & stretching improve flexibility
- Dancing, swimming, or cycling keep you active & happy

### Good Sleep:

- Keep a cool, dark bedroom
- Reduce screen time before bed
- Establish a relaxing bedtime routine



## You're Not Alone!



Menopause is a natural part of life, and with the right support, you can thrive. Talk to your healthcare team, join support groups, and embrace this new phase with confidence!

For more support, visit [nhsinform.scot](https://nhsinform.scot) and [womens-health-concern.org](https://www.womens-health-concern.org)