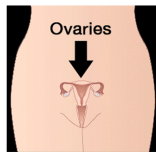
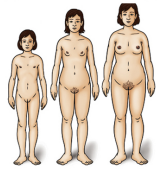


The Menopause



The menopause is when your ovaries (the part of your body that makes eggs) stop producing hormones.



Hormones help to tell the body when it is time to do things like change from a child into an adult (puberty).



When the menopause starts, your periods will slow down and then stop.



The menopause usually happens when you are around 50 years old.



A woman who has been properly through the menopause will not be able to have a baby.



However, if you are under 50 you should use contraception (to stop you having a baby) for 2 years after your last period.

If you are over 50 you should use contraception (to stop you having a baby) for 1 year after your last period.



The menopause is not a disease but it might make you feel unwell.

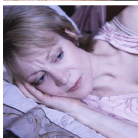
What are the symptoms?



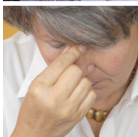
Hot flushes – your body gets very hot then goes back to normal quite quickly.



Night sweats – you get a hot flush when you are asleep and it makes you sweat.



Finding it hard to sleep.



Feeling moody.



Being forgetful.



Feeling depressed.



Vaginal dryness.



Urinary infections (pain when peeing).



Irregular periods (not every month).



Needing to pee more often than usual.

Have I got the menopause?



You probably have the menopause if you haven't had your monthly period for 1 year and there is no other reason like being pregnant.



Some women start the menopause before they are 45 years old.

This is called premature menopause.



Premature menopause can happen naturally, or because of medical treatment for cancer or your ovaries.



A woman who has been properly through the menopause will not be able to have a baby.



However, if you are under 50 you should use contraception (to stop you having a baby) for 2 years after your last period.

If you are over 50 you should use contraception (to stop you having a baby) for 1 year after your last period.

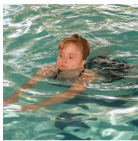
What are the treatments?



Counselling (when you talk to someone about your worries, problems and fears).



Eat healthy foods and cut down on fat, sugar and salt.



Gentle exercise like swimming or walking.



Anti-depressants (medicine that make you feel happier).



Hormone Replacement Therapy (HRT).
This replaces the hormones that your body has stopped making.

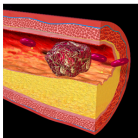
What are the risks with HRT?



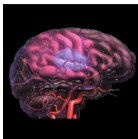
Hormone Replacement Therapy (HRT) can **sometimes** cause the following side effects - but **not** always:



Breast cancer - having a lump in your breast that needs removing.



Blood clots (Thrombosis) - when your blood gets very thick and blocks an artery or vein.



Stroke - A blocked or broken artery inside the brain.



Heart attack - when not enough blood gets to your heart and part of the muscle dies.



Please read the **Women's Health Concern Fact Sheets** on HRT. They will help to explain about the risks and the benefits (good things).

www.womens-health-concern.org/help/factsheets/fs_hrtrisksbenefits.html

Useful contacts



Women's Health Concern
www.womens-health-concern.org
01628 478 473



The Daisy Network
www.daisynetwork.org.uk



The British Menopause Society
www.thebms.org.uk
01628 890199



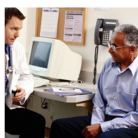
Useful Information



Easyhealth has worked with Women's Health Concern to make this information.



People with learning disabilities have worked with Easyhealth to make sure this information is easy to understand.



If you are worried about your health it is important to speak to a health professional like a doctor. A health professional will be able to explain it in more detail.



You can also call NHS Direct on 0845 4647.



For more information about EasyHealth call 020 8879 6333, or visit our website www.easyhealth.org.uk

easyhealth.org.uk

