

# Let's talk about Menopause

## What is menopause?

Menopause is when a woman who has menstrual periods stops having them for at least 12 months as a result of changes in the levels of a range of reproductive hormones. Most women will experience symptoms during menopause. Some women don't experience any symptoms at all and some experience severe symptoms

that can significantly disrupt their lives. For all women, menopause is a personal experience, not just a medical condition. The diminishing release of oestrogen from the ovary is often the cause of symptoms, which can be very distressing and at times life-altering.

## What are the symptoms?

### 1 Vasomotor Symptoms

The most frequent symptoms are **hot flushes and night sweats**, likely caused by the decreasing level of oestrogen.

### 2 Poor Sleep

**All aspects of sleep can be affected**, including getting to sleep, waking up in the night and waking up too early without being able to go back to sleep.

### 3 Low Mood and Anxiety

The risk of anxiety seems to be **60% greater**, while the risk of depression increases up to **200-400%**.

### 4 Memory and Concentration Problems

These may be related to one or more of the other symptoms as we know that **sleep** can severely affect concentration, as can **low mood and anxiety**.

**Along with headaches, joint pain and fast, noticeable heartbeats known as palpitations, there are many more symptoms related to menopause than those listed above.**

<https://www.engage.england.nhs.uk/safety-and-innovation/menopause-in-the-workplace/#:~:text=For%20some%20people%2C%20this%20can,the%20entire%20UK%20female%20population>



## 1 in 100

women experience  
menopause before  
the age of 40.

## 4 years

is the average time  
that symptoms last.

## 1 / 3

It's estimated that 1/3 of UK  
females are currently peri  
menopausal or menopausal.



# Managing the symptoms

## 1 Hormonal Treatments

The top treatment for this is **hormone replacement therapy**.

This treatment involves:

- Oestrogen or oestrogen plus progesterone via tablets, gels, patches and implants.
- Oestrogen creams, water-based lubricants and moisturisers.

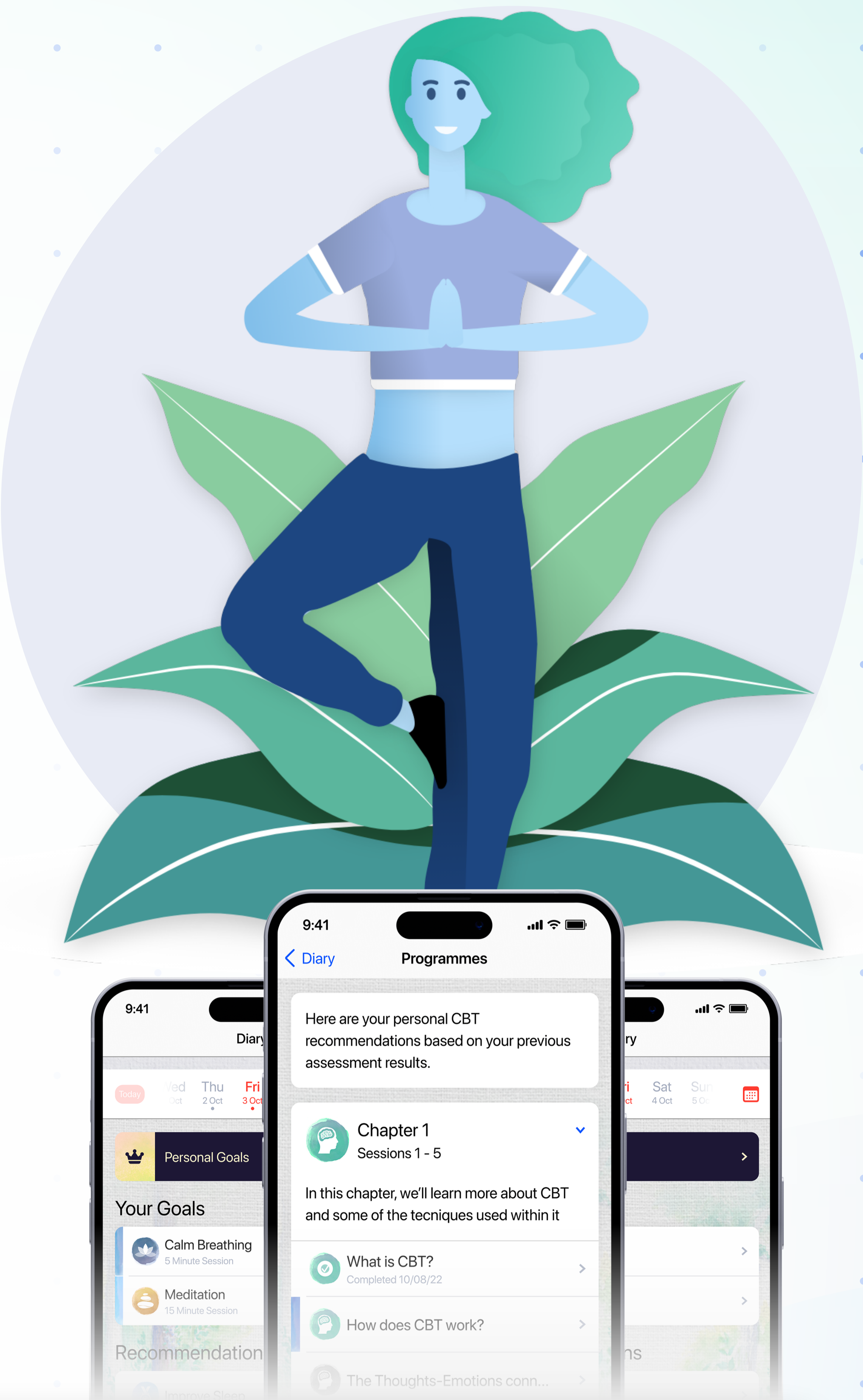
## 2 Non-Pharmacological Treatments

Weight loss can be effective as having a high body mass index increases the risk of having vasomotor symptoms.

Exercise reduces the severity of hot flushes. It also shows benefits in pain, depression and sleep.

## 3 Cognitive Behavioural Therapy (CBT)

CBT has shown a good reduction in the symptoms during the training, at 12 weeks and at 6 months after. It can be applied to depression, as well as anxiety and sleeping problems.



# Ways to support someone else

- 1

Make time for them and stay connected.
- 2

Be patient with them.
- 3

Listen to them without judgement.
- 4

Offer practical support.
- 5

Support them to get help.
- +

Many more

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