

UNDERSTANDING YOUR MENOPAUSE

The menopause is a natural process that all women will go through, the perimenopause is the period leading up to this.

We are hoping this information leaflet would help clarifying your worries and questions about menopause and the treatment options surrounding it, so we can help you manage menopause confidently.

WHAT IS MENOPAUSE?

Both the peri menopause and menopause are associated with a variety of symptoms related to changing levels of female hormones.

The logo for 'balance' features the word 'balance' in a bold, dark blue, sans-serif font.

the menopause support app

<https://balance-menopause.com/uploads/2021/09/What-is-the-menopause.pdf>

WHAT ARE THE SYMPTOMS?

Fatigue, hot flushes, night sweats, mood swings, loss of libido, vaginal dryness are most common. Other symptoms are also known. Please follow the link below.

The logo for 'ROCK MY MEN♀PAUSE' features the text in a bold, black, sans-serif font, with a female symbol (♀) replacing the letter 'O' in 'WOMEN'.

<https://rockmymenopause.com/get-informed/symptoms/>

WHAT ARE THE RISKS AND BENEFITS?

There have previously been a number of 'scare stories' written in the media about the risks of HRT, particularly, the risk of breast cancer. However more recent evidence suggests the risks in most women are much lower than previously thought. Here are some links would help to explain the risks through.

The logo for 'Women's Health Concern' features the text in a white, sans-serif font on a green square background.

www.womens-health-concern.org/help-and-advice/factsheets/hrt-know-benefits-risks/

<https://www.balance-menopause.com/menopause-library>

WHAT ARE MY OPTIONS?

Hormone replacement therapy have different forms of delivery, such as tablet, gel, patch, spray etc. Suitability and preference vary amongst women. Non-HRT options, diet and lifestyle advice are also available. Want to know more? Please see the links below.

The logo for 'Menopause matters' features the word 'Menopause' in a bold, pink, sans-serif font and 'matters' in a dark blue, cursive script font.

<https://www.menopausematters.co.uk>

<https://rockmymenopause.com/get-informed/treatment/#Available-treatment>

We hope you find this information useful. Any questions please speak to your doctor or health professionals.