

Menopause



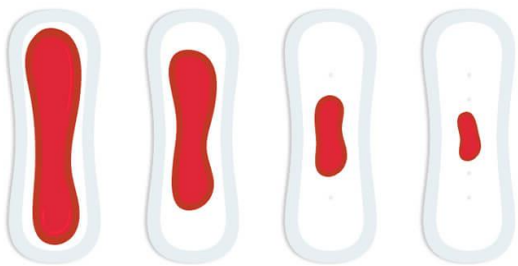
Menopause



Menopause is a normal thing that happens to women in their 40s or 50s. Sometimes the menopause is called 'The Change'.



Menopause is when you stop having periods. A woman cannot have a baby after the menopause.



Your periods may become heavier or lighter than before. Your period will then stop.



Some changes might happen to your body.

Menopause



You might get very hot sometimes. This is called a hot flush.
You might also sweat a lot in bed at night.
You might put on weight.



When you feel hot you can take your jumper off or open a window. It will help to sleep in light cotton pyjamas.



You might feel sad, moody or forgetful, but these feelings will pass. You might have trouble sleeping. It helps to tell staff how you feel.



You might need to go to the toilet more often.
Some women feel dry or sore in their private parts.

Menopause



Exercises like swimming and walking can help you to feel better.



Eating healthy foods and drinking water also helps you to feel better.



Some women need medicine from their doctor to help them with menopause. This is called HRT. HRT can be a patch, a tablet or an injection.



You can talk to staff or to your doctor about the menopause. They will help you and answer your questions.

Reader advice:

- Find a time during the day when individual is calm & relaxed,
- Present the ETR & provide a short introduction on what you hope to discuss “I have a letter for you about the menopause”,
- Read through the sheet in a slow & calm manner,
- Ensure to get & hold the individual's attention,
- Draw their attention to the coloured photographs, this will support a person's understanding of what is being discussed,
- If the individual is not attending to the ETR, that is okay, try again at another time.