Understanding Menopause



What is menopause?

01

All women will experience this. when her hormones fluctuate and fall leading to the decline of estrogen. There are two main phases - peri-menopause before menopause and post-menopause after menopause.



How old can I be?

Natural menopause can begin as early as 40. But there are other ways this can be triggered - from ovarian surgery to cancer treatment.

Menopause symptoms

03

There are over 100 symptoms related to menopause, and by tracking your symptoms and keeping a diary - you can understand your body and know what to do next.



What treatment can I get?

Tracking your symptoms are important, as you can discuss this with your doctor or practice nurse to establish whether they are menopause related or not.

Menopause myths

05



- Every woman's menopause journey is slightly different, most women will experience menopause at a similiar age, where your body will eventually stop producing estrogen in order to reproduce.
- Before believing the negatives about hormone therapy, do your research and speak with a specialist menopause nurse or doctor.

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06 Managing menopause

This could trigger lifestyle changes that support your long term general health and well-being. Think of the positive steps you can take towards a healthier diet, exercise that suits your body, and ways to reduce stress.





Make lifestyle adjustments that suit you...

- Read the NICE guidelines on menopause.
- Book an appointment with your doctor or practice nurse.
- Keep a menopause diary and ask questions.

07 Menopause support

Getting support for your health and well-being is improtant, and there are a list of key support in the UK.



Useful resources

- NICE - read the guidelines
- British Menopause Society - visit their webpage
- International Menopause Society - find out more

08 What next?

If you are managing your menopause journey and building your career or business - we have a weekly support group every Friday focused on Menopause & My Career/My Business - join the weekly 'Press Pause on Menopause' meetups!

