

Women in Menopause

Reappearance of elegance

Women empowerment
and healthcare in menopause





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What is menopause ?

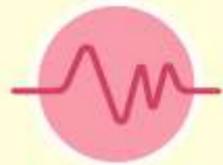


What is menopause ?

Menopause is a **natural biological process**.



It usually happens between the ages of 45 and 55.



Women's ovaries gradually **stop producing female hormones estrogen and progesterone** and may cause irregular menstrual periods.



Menopause is a **natural transition** in which a woman gradually stops having periods until completely losing her reproductive function.



What issues may arise during menopause...

Women need to make **health and life adjustments** in response to the changes of menopause.



Physical and psychological discomforts and changes.



New career roles or social responsibilities.



Changes in family structures.

Changes like the void of children leaving home or aging parents or relatives to care for.





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Common Discomfort of Menopause



As levels of estrogen decrease, some women may experience various **physical and psychological discomforts**. There is no need to panic when these discomforts occur; as long as you follow the Health-Care instructions, you can go through it naturally.

Physical symptoms

-  A sudden feeling of warmth
-  Hot flashes
-  Night sweat
-  Faintness
-  Dizzy spells
-  Frequent urination
-  Incontinence
-  Vaginal dryness and pain, itching or discomfort during sex
-  Muscle aches and joint pains
-  Bone loss

Mental symptoms

-  Anxiety
-  Irritability
-  Sleep problem
-  Panic
-  Mood change
-  Problems with memory and concentration



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Menopause Self-Evaluation List



How do I know if I have reached menopause?



Please refer to the Menopause Rating Scale of Health Promotion Administration (HPA).



>15...!

If you experience the menopausal transition with a **total score of 15 or more** in this Rating Scale, it is recommended to speak to a health care professional. Please refer to the website of Health Promotion Administration (HPA) for further information.



Menopause Rating Scale

0=Not at all 1=mild
2=moderate 3= severe

Score	Date			
Symptoms				
Hot flashes				
Dizzy spells				
Headaches				
Irritability				
Depression				
Sense of loss				
Nervousness				
Sleeping problems				
Physical and mental exhaustion				
Back pain				
Joint pain				
Muscle tension and aches				
Facial hair growth				
Skin changes including dry and itchy skin				
Decreased libido/reduced sex drive				
Low acceptance of sexual intercourse				
Vaginal dryness				
Discomforts during sex				



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Menopause Health-Care : Cardiovascular Disease (CVD)



Is there an increased risk of heart disease during post-menopause?

The incidence of cardiovascular disease in women prior to their 50 is half that of age-matched men. But the report shows a slow increase after the age of 50. After the age of 60, females are at a greater risk for CVD than age-matched men.

Prevention of CVD in women



Quit smoking



Get regular exercise



Eat a healthy diet



Maintain a normal weight



Control hypertension, hyperglycemia and hyperlipidemia.





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Menopause Health-Care : Osteoporosis



I don't dare run and jump when I heard osteoporosis may occur during post-menopause. What should I do?

Post-menopausal bone loss, related to estrogen deficiency, is the primary cause of osteoporosis.



Risk factor of osteoporosis

- Lack of calcium
- Heavy drinking and smoking
- Not enough exposure to sunlight
- Genetic issues
- Not exercise regularly
- Consume too much caffeine
- Long-term use of certain medicines (Ex. Steroids)

Prevention of bone loss

- Avoiding smoking, heavy drinking and stay up late
- Ensuring enough calcium
- xpsosing to sunlight to start vitamin D synthesis.
- Do regular weight-bearing exercise



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Menopause Health-Care : Urinary issue



Sometimes the small amount of urine leak out while sneezing or laughing. It's so embarrassing! How can this happen?

Menopausal women may experience discomforts such as pelvic relaxation, genitourinary tract infection, and urinary incontinence due to estrogen deficiency. Kegel exercises can be used to strengthen the pelvic muscles and reduce the probability of urinary incontinence.

Kegel exercises strengthen the muscles under the uterus, bladder, and bowel

-  Tighten your pelvic floor muscles. Hold tight and count 10 seconds.
-  Relax the muscles and count 5 to 7 seconds.
-  Repeat 3-5 times

Gradually increase the length of contractions and relaxations to 20-30 seconds.



7 Menopause Health-Care : Maintaining Intimacy



I'm worried that the lower sexual desire due to vagina dryness may break the relationship....

The decreased hormone level is one of the reasons make menopausal women less interested in sex. It may lead to vaginal dryness and tightness, which can cause pain during sex.

A harmonious relationship between couples is based on caring, understanding and cherishing each other. There is a need for communication and be empathic.

Consult the professionals and consider using topical lubricating ointment to reduce vaginal dryness, to gain a sweet and happy relationship!



Risk factor of osteoporosis

Gradual atrophy of uterus, ovaries and labia majora

Lining of the vagina gets drier, thinner and less elastic

Lack of vaginal discharge and lubrication

More frequent vaginal and urinary tract infections



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Menopause Health-Care : Hormone Replacement Therapy (HRT)



Is it necessary to take Hormone Replacement Therapy (HRT) during menopause?



When menopause causes physical and mental discomforts, you can first do the self-evaluation, and relieve discomfort through healthy diet, regular exercise, daily routines, and emotion management.

If menopausal discomforts impact your daily life, it is necessary to consult a doctor for medical assistances, understand medical history and physical symptoms, and discuss whether to use HRT or alternative treatments.

Principle of 1 NOT 3 DO of HRT

HRT is **NOT** the only option

- DO** communicate with your family and friends
- DO** consult to the professionals for more medical opinions.
- DO** understand the benefits and risks of HRT





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Menopause Health-Care Tips :



Delight

Stay in a pleasant mood and share your thoughts with family and friends



Calm

Relieve the stress of life through reading, listening to music and yoga



Vitality

Do the stretch, warm up and aerobic exercise regularly



Nutrition

Eat a high-fiber diet with less oil, less salt and less sugar, and also take enough vitamin supplements





Further Information and References of Menopause



Health Promotion Administration, Ministry of Health and Welfare



Health 99+
Education Resource



Menopause Health
Information



Taiwan Health-Care Network of Menopause

Social media (Facebook, Instagram, Line) of Taiwan Health-Care Network of Menopause provide more information to help you get through menopause

Line



Facebook



Instagram



linktree



Taiwan Association
of Menopause

