

Menopause



Accessible educational resource

Developed by the Community Team for Learning Disabilities (HMR)

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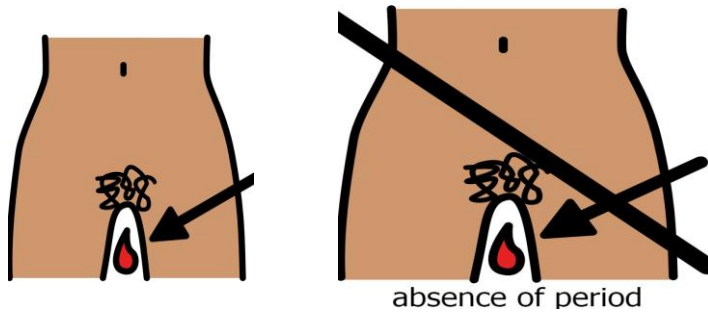
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What is Menopause?

- Menopause is when a woman stops having any more periods.



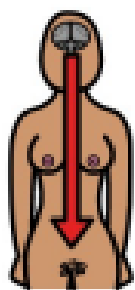
- Menopause is a natural change that women Experience
- It usually happens when you are in your 40's or 50's



women

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Causes of Menopause



hormones

Menopause is caused by a change in the body's hormones. This happens as you get older.

Hormones are chemicals that affect how our bodies grow and work.

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Symptoms of Menopause

Symptom is the word we use to describe how people feel during this time

- Some women will have lots of symptoms of menopause
- Some women will only have a few symptoms
- Some women have no symptoms

One of the first symptoms of menopause is usually a change in your periods –

- You may start having lighter or heavier periods.
- The timing of periods may change. They may come every two or three weeks, or they might not come for months at a time.
- Eventually, periods will stop



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Other common symptoms:

- Tiredness/sleep problems



tired



sleep

- Hot flushes



hot

- Joint aches



pain in arm



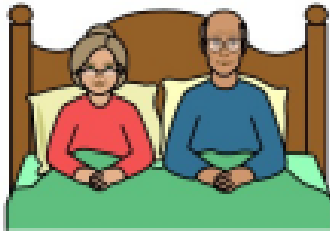
pain in
ankle



pain

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- Not wanting to have sex



- Low mood or anxiety



- Headaches



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- Vaginal dryness or pain

- Brain Fog



- Weight gain or bloated tummy



- Mood swings



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mood

are hub

- Easily tearful



You can still get menopause symptoms if you have had a hysterectomy (an operation to remove your womb).

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SYMPTOMS

0 = NO PROBLEM | 1 = MILD SYMPTOMS | 2 = SEVERE SYMPTOMS
3 = EXTREMELY SEVERE SYMPTOMS

PHYSICAL SYMPTOMS

	0	1	2	3
Hot flushes/Night sweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin (dryness, itching or acne)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aching joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight gain or bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatigue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart palpitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in periods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast tenderness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
UTI, urinary frequency & leakage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PSYCHOLOGICAL SYMPTOMS

Worry or anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lower self confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood swings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Memory problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low mood or depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Panic attacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easily tearful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decreased ability to concentrate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brain fog	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inability to multi task	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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What might help?

- Eat healthy foods.



- Exercise.



aerobics



walk



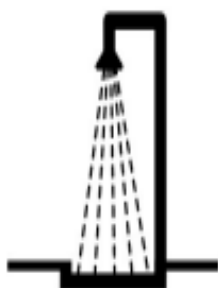
running

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- If you feel hot, take your jumper off. Have a cold drink. Open the window. Have a cold shower. Sit down.



open
window



shower



drink

- Stop smoking.



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- Drink less alcohol.



- Drink less caffeine, tea, coffee and coke.



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If this doesn't help make you feel better, speak to your GP. They will be able to help you with other treatments.



Treatment - HRT

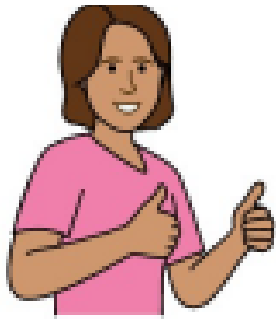
Managing menopause is a personal choice. Some prefer a natural approach, others a medical approach, or for some it can be a combination of the two.

Your doctor might give you some medicine called HRT. This might be a tablet or an arm patch or an injection.



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Lots of women say that HRT has helped make them feel better.



better

HRT has a low risk. Speak to your doctor for more information,

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www.penninecare.nhs.uk



Perimenopause

Perimenopause is a word used to describe when we first start getting symptoms, but we still have periods.

Perimenopause is from when menopause symptoms start until a woman has not had a period for 12 months.

Post menopause

Post menopause is the time after a woman has her last period. A woman is postmenopausal when she has not had a period for over 12 months

REMEMBER - You can still get pregnant if you have sex during the menopause.

You still need to use contraception when you have sex.

There are lots of ways to make you feel better. Talk to someone if you need help.

References and further reading:

[05. HRT \(November-2021\) ER \(nhsinform.scot\)](#)

[Menopause.pdf \(sath.nhs.uk\)](#)

www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/the-menopause

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