

Why the *Menopause* Matters

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What we will cover today



Menopause and Peri-menopause



Symptoms



Long term effects of the menopause



Treating the menopause

- What you can do
- Non hormonal treatments including vaginal treatments
- HRT



How to get help

Menopause & Peri-menopause

MENOPAUSE



Marks the end of a woman's reproductive years



12 consecutive months without periods



Typically between the ages of 45 – 55



PERI-MENOPAUSE



Period leading up to the menopause



Gradual change in the menstrual cycle



Can last several years



Timeline of a *Woman's* Ovarian Reserve

~2 million Eggs

Birth



~1,000 Eggs

Childhood

Puberty

Reproductive Years

Menopause

Childhood

Late 40s - Early 50s

Menopause

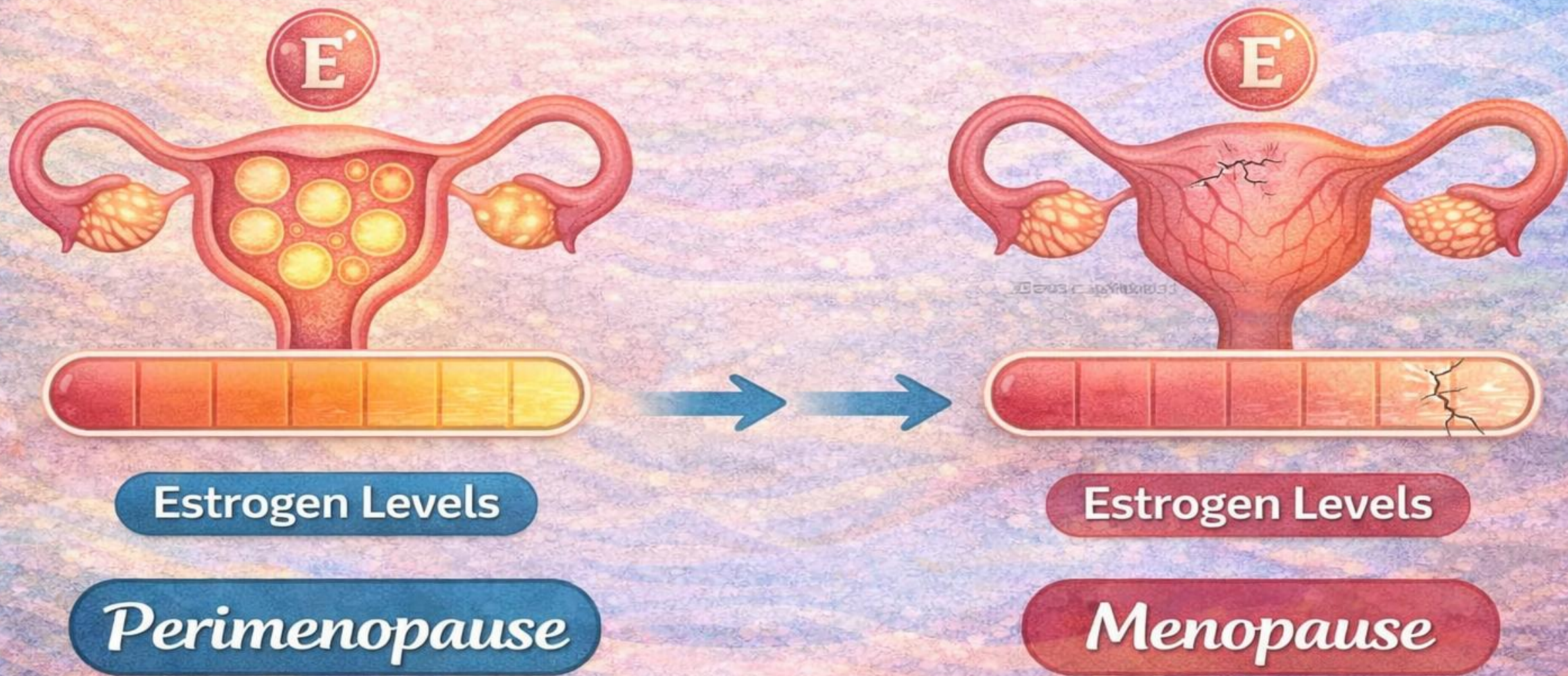
Childhood

Reproductive Years

Menopause

The Depletion of Estrogen

through perimenopause and menopause



What symptoms might you experience



Hot flashes



Sleep Disturbance



Fatigue



Mood changes



Irritability



Emotional lability



Anxiety



Recurrent UTIs



Anxiety



Brain fog



Poor concentration



Memory problems



Body aches



Low libido



Vaginal dryness



Worsening PMS symptoms



The Impact of Menopause



Work

- Reduced concentration
- Increased errors & forgetfulness
- Anxiety & fatigue



Home

- Mood swings & irritability
- Overwhelm & exhaustion
- Difficulty managing daily tasks



Relationships

- Low libido
- Communication breakdown
- Increased conflict & misunderstandings



Challenges Menopausal Women Face

Work can be a struggle

45%

of women say they feel their menopause symptoms have had a negative impact on their work



47%

who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason



Social lives can take a back seat



33%

Over of women feel less outgoing in social situations



32%

of women feel they are no longer good company

23%

of women feel more isolated

Partners are left feeling helpless

38%

of partners say they feel helpless when it comes to supporting their partner through the menopause



of partners say they often jid up having arguments *'because they don't understand what she's going through'*



Sex can be off the menu

51%

of women say that their menopause had affected their sex lives



42%

of women also say they just didn't feel as sexy since experiencing the menopause.



What are the long term effects?

Considering the impact that menopause can have



Heart & bone health



Cognitive decline



Urogenital symptoms



Mental health

A Woman's Relationship with Menopause

In My 50s

In My 60s+

In My 40s

Menopause

Periods Stop

-  Low Libido
-  Weight Gain
-  Anxiety
-  Joint Pain

Postmenopause

Longer Term Health

-  Bone Health
-  Heart Health
-  Cognitive Changes
-  Urogenital Symptoms

Perimenopause Begins

Hormonal Changes

-  Hot Flashes
-  Sleep Problems
-  Mood Swings
-  Brain Fog

Understanding, Support
& Self-Care



But is this the perimenopause?

Do you need to drop some balls



Rubber Balls



Glass Balls

Juggling Rubber Balls vs Glass Balls

Understanding how to balance responsibilities while going through menopause

Rubber Balls

Bounce back if dropped!



Routine tasks



Work projects & chores



Non-essential commitments

Glass Balls

Break if dropped...



Health & well-being



Close relationships



Mental health



THE BODY UNDER PRESSURE: CLINICAL SIGNS OF MENTAL LOAD

— How stress and hormonal changes impact the body and mind —

PHYSIOLOGICAL & HORMONAL DISRUPTIONS



Amplified Pain Perception

Increased sensitivity to pain signals.



Reproductive & Cycle Disruption

Hormonal imbalance affecting cycles & libido



Metabolic & Weight Shifts

Weight gain, cravings & fatigue.



NEUROLOGICAL & SYSTEMIC IMPACTS

Sleep & Circadian Disturbance

Poor sleep & disrupted rhythms.



Unexplained Fatigue & Fog

Brain fog, exhaustion & low energy.



Somatisation & Mood Changes

Anxiety, low mood & physical symptoms.



Cortisol Overload
Body & Mind in Overdrive

Lifestyle Prescription



Nature Time

Calms the mind,
restores the balance



Boundaries

Learning to say 'no'
without guilt



Eat Well

Focus on nutrients such as
calcium and avoid triggers
such as alcohol, caffeine and
spicy foods



Sleep Hygiene

Essential for emotional
resilience



Movement

Reduce stress,
boosts mood



Joyful Activities

Deliberate scheduling
of energy-boosting tasks

How can you manage the menopause?



Weight management



Physical Activity



Sleep hygiene



Manage triggers



Quit smoking



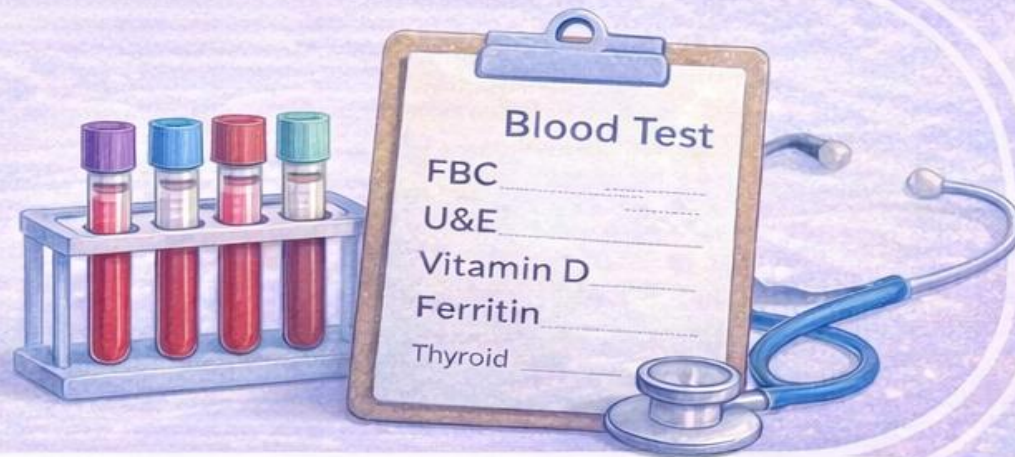
Healthy habits

Diagnosing peri-menopause and menopause

Diagnosis is based on symptoms and cessation of periods for 12 months

Blood tests

- ✓ FBC, U&E, B12, Ferritin,
- ✓ Thyroid Function,
- ✓ Vitamin D, Bone Profile,
- ✓ Lipid profile

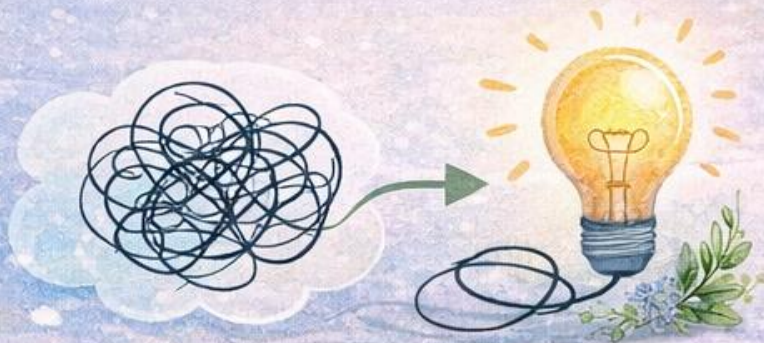


Measuring hormones in the peri-menopause and menopause is not usually helpful unless under the age of 40

Non-hormonal treatments

Over the Counter Mediations

- Herbal: Black Cohosh, St John's Wart, Red Clover
- Vaginal Moisturisers and lubricants
- Antidepressants
- Fezolinetant
- CBT



- Vaginal Moisturisers and lubricants

Hormonal treatment

HRT



Vaginal oestrogens



Different ways of taking Oestrogen

Through the skin (transdermal)

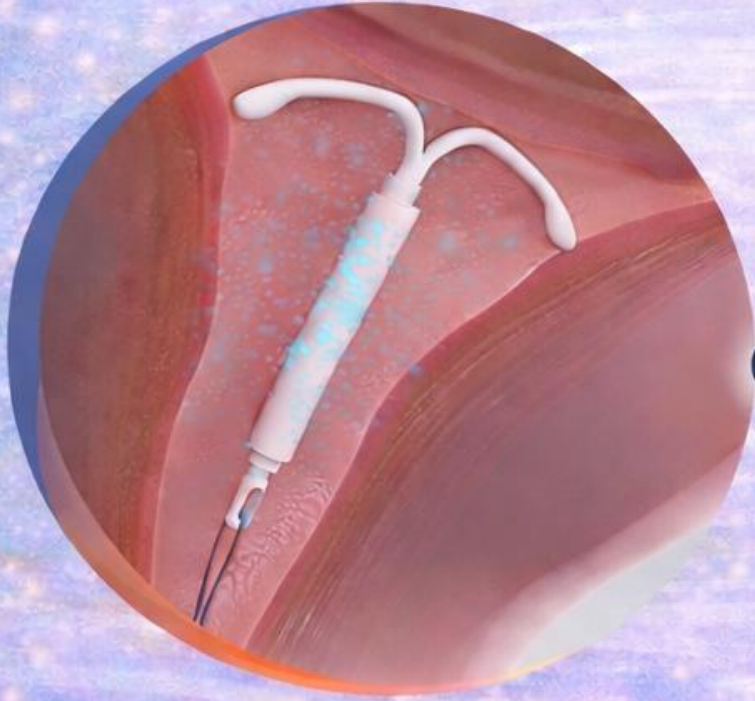


Tablets (oral)



Remember HRT cannot be relied on for contraception

Options for Progesterone



Mirena coil

OR



Utrogestan tablets

OR



Progesterone patch

continuous vs sequential

How to get help



See your GP

- [womens-health-concern.org/help-and-advice/menopause-wellness-hub/](https://www.womens-health-concern.org/help-and-advice/menopause-wellness-hub/)



Talking therapy which you can self refer to:

- [dhctalkingtherapies.co.uk/live-well-navigating-and-coping-with-menopause/](https://www.dhctalkingtherapies.co.uk/live-well-navigating-and-coping-with-menopause/)



Dr Karen Gurney's book 'Mind The Gap' is helpful and other useful tools include:

- [dontbuyherflowers.com/podcast](https://www.dontbuyherflowers.com/podcast)
- [thehavelockclinic.com/resources/](https://www.thehavelockclinic.com/resources/)



Physiotherapy

- [firstcommunityhealthcare.co.uk/outpatient-physiotherapy-service](https://www.firstcommunityhealthcare.co.uk/outpatient-physiotherapy-service)



Pelvic floor exercise factsheet & download Squeezy app

- [thewomens.org.au/images/uploads/fact-sheets/Pelvic-floor-exercises-210319.pdf](https://www.thewomens.org.au/images/uploads/fact-sheets/Pelvic-floor-exercises-210319.pdf)
- [squeezyapp.com/](https://www.squeezyapp.com/)



Take Home Messages



Menopausal symptoms can begin 15 years before your periods stop



Menopause affects your bone, heart and cognitive health



Menopause can affect relationships, home and work life



HRT is safe—there are lots of options

'Live long and live well'



Questions?



A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

Difference in breast cancer incidence per 1,000 women aged 50-59.

Approximate number of women developing breast cancer over the next five years.

NICE Guideline, Menopause:
Diagnosis and management
November 2015

23 cases of breast cancer diagnosed in the UK general population



An additional four cases in women on combined hormone replacement therapy (HRT)



Four fewer cases in women on estrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink two or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Seven fewer cases in women who take at least 2.5 hours moderate exercise per week

