

ALL ABOUT THE MENOPAUSE

The term 'menopause' is derived from the Greek 'menos'; which means month and 'pausos' which means an ending.

Natural menopause takes place when the ovaries become unable to produce the hormones **oestrogen** and **progesterone**.



You have reached the menopause once you haven't had a period for **1 year**



The average age for a woman in the UK to reach menopause is **52**



More than **1 in 20** women go through a premature menopause which puts them at risk of heart attack, stroke and bone disease



Premature menopause occurs in a woman aged **under 45**

SYMPTOMS

HOT FLUSHES

The hot flush, or flash, is well known as the classic menopausal symptom and is thought to be caused by a change in the temperature-controlling part of the brain.



The hot flush affects **60-85%** of menopausal women



Hot flushes usually last **3-5 minutes**

VAGINAL DRYNESS

The medical name for vaginal dryness is atrophic vaginitis. It is caused by decreasing oestrogen levels and affects millions of women around the world.



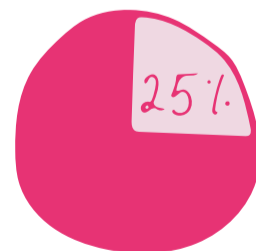
Vaginal dryness affects **17%** of women before menopause



and **58%** after

Other symptoms include:

- Headaches
- Loss of libido (sex drive)
- Dryness and pain, itching or discomfort during sex
- Palpitations (heartbeats that suddenly become more noticeable)
- Mood changes, such as depression, anxiety or tiredness
- Sleeping problems such as insomnia
- Urinary tract infections (UTIs)



25% notice no noticeable changes except the cessation of menstruation

REFERENCES

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