

## MENOPAUSAL SYMPTOMS AT A GLANCE

Changes in hormone levels, particularly due to lower oestrogen levels, occur during the menopausal transition and can cause acute symptoms.

Some women experience many symptoms whilst others experience very few. The variation comes down to factors such as diet, smoking, exercise, reproductive history, genetics, climate and personal beliefs.

The median duration for menopausal symptoms is around 7 years but some persist beyond the age of 60. Below is a list of the most common physical ones but is certainly not exhaustive.

### VASOMETER

- Night sweats
- Hot flushes

### PHYSICAL

- Dry/itchy skin
- Dry hair/mouth/eyes
- Muscle/Joint pain
- Headaches
- Vaginal dryness
- Dyspareunia (pain during sex)
- Palpitations
- Vagina dryness/discomfort Painful urination
- Anxiety
- Lacking energy
- Thinning hair
- Dizziness
- Tinnitus
- Difficulty sleeping

### PSYCHOLOGICAL

- Low mood
- Anxiety
- Irritability
- Loss of interest in most thing
- Crying spells
- Mood swing
- Fatigue
- Difficulty with concentration or memory
- Brain fog

### FACTORS ASSOCIATED WITH PSYCHOLOGICAL SYMPTOMS

- Ageing parents
- Death of a relative
- Loss of partner
- Ill health
- Demanding workload
- Economic problems

## PROMOTING A HEALTHY LIFESTYLE

The opportunity to improve health and lifestyle becomes EVEN more important as the NHS is under huge amounts of pressure.

With rising mental health and menopause discussions, a tangible shift is overdue and although age and genetic factors aren't modifiable, most other risk factors can be altered!

Below I list a few action points that should hopefully inspire and get you off to a good start.

### Natural Approaches

1. Increase antioxidants and fibre from fruit and vegetables
2. Include phytoestrogen sources daily e.g. flaxseeds, sesame seeds, garlic, chickpeas, nuts and whole grains
3. Increase antioxidants and fibre from fruit and vegetables
4. Eat organic where possible to reduce exposure to endocrine (hormone) disruptors
5. Drink at least 1.5l of water per day
6. Maintain a diet rich in omega-3 (salmon, mackerel, anchovies, sardines, herring)
7. Avoid excess trigger foods e.g. coffee, very spicy food and alcohol.

**Source: Abshirini et al. 2018**



uch

Life Begins at Menopause

*Embracing new possibilities*

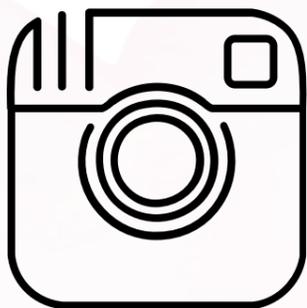
**PLEASE GET IN TOUCH**



07947 817 667



STEFANIE@LBAM.UK



@LIFE\_BEGINS\_AT\_MENOPAUSE

