

Menopause hormone therapy

Hormone therapy involves giving women oestrogen in the form of tablets, patches or gels to help manage menopause symptoms which interfere with their lives. They are medications which need a doctor's prescription.

Menopause hormone therapy may not be suitable for some women, but it is a safe option for many.

It is good to ask your doctor any questions about hormone therapy.

Questions to ask about hormone therapy

- What are the benefits of hormone therapy?
- How long do I need to take it?
- How much will it cost?
- What possible side effects can it cause?
- What do I need to do if I experience any side effects?
- Will it interact with other medications I am taking?
- Does this treatment have long-term risks to my health?
- If it does, what are they?

Managing Menopause



Drink lots of water



Eat plenty of vegetables, fruits and whole grains



Be physically active everyday



Get enough sleep



Stop smoking



Limit:

- sugary drinks
- sweet and fried food



Manage stress



Know your health



Menopause



For more information, visit our website:
www.fpnsw.org.au/non-english-speaking
or call the **Family Planning NSW Talkline** on **1300 658 886**.

Menopause is a natural event in a woman's life. Menopause happens because a woman's ovaries start to run out of eggs.

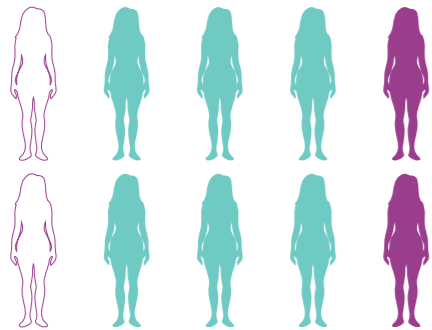
A woman has reached menopause when she has not had a menstrual period for one year.

For most women in Australia, menopause happens between the ages of 45 and 55.

Symptoms

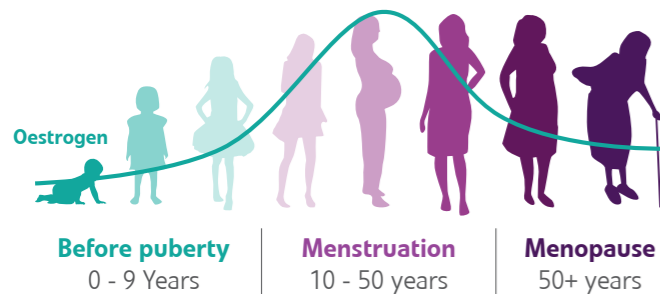
Most women will experience some symptoms before their menstrual periods permanently stop. What symptoms you will have, how severe they are and how long they last may differ from other women's experience of menopause.

For every 10 women, 2 of these women will not have any symptoms, 6 will have some symptoms and 2 will have very bad symptoms which could interfere with their life.



No symptoms Some symptoms Bad symptoms

Most symptoms of menopause happen because of a drop in the female hormone oestrogen.



When you approach menopause, your periods may become more or less frequent, last more days or fewer days and be lighter or heavier.

If you miss a period and you are aged 45 to 55 years, you may be approaching menopause. However, missing a period could also mean that you are pregnant.

Menopause symptom

Hot flush

A sudden feeling of heat in the upper part of the body including the neck and face.

Things that can help



- ✓ Limit hot drinks and drinks containing caffeine
- ✓ Dress in layers when you go to sleep
- ✓ Put an ice pack under your pillow
- ✓ Have a glass of iced water near the bed

Dryness in vagina

Dryness in the vagina can cause pain or discomfort during sex. This may make women less interested in having sex.



- ✓ Vaginal lubricants and moisturisers available from the chemist or supermarket which are applied inside the vagina
- ✓ Hormonal products that come in the form of a tablet or cream which are inserted in the vagina. You need a prescription from a GP for these products

Mood swings

Women may notice their emotions constantly changing. They may become irritable, anxious or depressed.



- ✓ Counselling to help you cope better
- ✓ Staying connected with friends and family
- ✓ Doing things you enjoy
- ✓ Being more physically active
- ✓ Relaxation CDs online or from the local library
- ✓ Medication to improve emotional health

Insomnia

Some women may have trouble falling asleep or staying asleep.



- ✓ Reducing caffeine at night
- ✓ Doing relaxing things before going to bed
- ✓ Being more physically active

Weight gain

Some women may experience weight gain around the middle part of their body.



- ✓ Eating more vegetables, fruits and whole grains
- ✓ Being more physically active