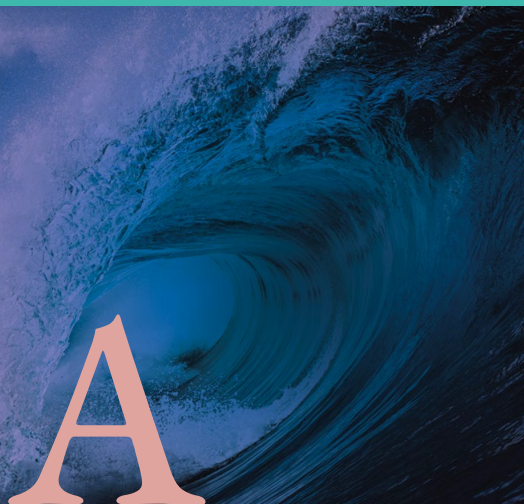


LEARN THE LANGUAGE OF MENOPAUSE

from those who are living with it



Some common terms you may hear and what they mean

Information in this leaflet is not intended as a substitute for consultation with your healthcare professional.

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Innovating for Well-being

A photograph of three women sitting together in a room, smiling and holding mugs. The woman in the center is wearing glasses and a purple sweater. The woman on the right is wearing a teal sweater. The woman on the left is partially visible, wearing a grey patterned sweater. The background features a white wall with several framed pictures, including a red heart and a slice of orange. The text "Talking Menopause" is overlaid in a yellow, cursive font.

Talking Menopause

This leaflet uses fictional characters to describe real symptoms of the menopause.

Helping you get the most of your healthcare appointments when talking menopause

Conversations you have with your healthcare professional about perimenopause and menopause can have a huge impact on how you experience this transformative time in your life.

That's why it's so important that unfamiliar words or phrases don't get in the way of you understanding exactly what's being discussed.

Who's this guide for?

Anyone who is having conversations with their healthcare professional about their perimenopause and menopause journey.

What's this guide for?

- To help you learn the language of menopause
- To help you to ask the right questions when talking to your healthcare professional
- To give you tips and resources that can help you to have positive conversations about perimenopause and menopause

Why are conversations about menopause with healthcare professionals so important?

The conversations you have with your healthcare professional can make a real difference to how you experience the menopause. When you can speak the language of menopause, you can understand what your treatment options are, which makes it more likely that you will have a positive experience.

As they say, knowledge is power, so the more you know, the more you can get what you need and take control of your own wellbeing.

Tips to help you get the most out of conversations about menopause with healthcare professionals

1. Ask as many questions as you need to

For example

“I didn’t quite catch all of that. Please could you repeat it?”

“I didn’t quite understand that. Please could you explain it another way?”

“Could this symptom be linked to the menopause?”

“Can I tell you about symptoms I’ve noticed?”

2. Make notes before your appointments

Your healthcare professional will appreciate you giving them as much information as possible. If they ask you lots of questions about symptoms and you can't remember everything exactly, that's fine, and they'll understand, but if you make notes before your appointment, you're more likely to remember things than if you try and remember them on the spot – especially if you're feeling a bit nervous.

3. Request a follow-up appointment if you're not offered one

Your healthcare professional is likely to have an initial conversation with you and then suggest you make another appointment to see them soon after, so that you can think about the things you have just discussed before making any decisions about potential treatment.

However, if your healthcare professional does not offer a follow-up appointment, it's absolutely fine to say that you will book another appointment to see them – for example, in a couple of weeks – so that you can process what you've just discussed with them.



Namrita, 53, West London:

"I was so confused when I first started getting symptoms. I didn't understand what was happening to me. But once I'd spoken to my GP I began to see that it was the menopause that was making me feel different and I realised that there were things I could do to manage it, and even see it as a new beginning."

Learn the language of menopause

As we mentioned earlier, when you're talking to a healthcare professional, sometimes they can mention words or phrases that you may not be familiar with. That's why we've put together some explanations below of the type of language you may hear.

Hormone Levels

When we approach and reach menopause, hormone levels in our bodies drop, which is the main reason why we experience menopause symptoms.

Brain Fog

A term often used to describe trouble concentrating, feeling confused or thinking more slowly than usual.

Perimenopause

A natural process, perimenopause is the phase during which your body makes the transition to menopause.

Decreased Libido

A lower sex drive, or less interest in sex.

Menopause

The point when your periods have stopped due to lower hormone levels, and you haven't had a period for a year. This usually happens between ages of 45 and 55.

Greene Climacteric Scale

A questionnaire GPs sometimes use to help gauge how menopause symptoms might be affecting a person's day to day life.

Palpitations

Heartbeats that have become noticeable. For example, your heart might feel like it's fluttering or beating irregularly.

Urogenital Symptoms

Symptoms such as frequent or painful weeing or bladder infections. Your vagina might feel dry, itchy or irritated and it might be painful to have sex.

Osteoporosis

Weakening of bones as hormone levels get lower.

Vasomotor Symptoms

These can include night sweats, hot flushes, a racing heart and changes in blood pressure.

Stress Incontinence

When weakened muscles caused by the menopause mean that urine can leak when you cough, exercise, sneeze, laugh, or lift something heavy.

Venous Thromboembolism

A blood clot that starts in a vein.

Where can I get more info?

As with all health matters, there is a lot of information available online about the perimenopause and menopause. Here are some websites that we recommend as reliable and trustworthy sources of information:



www.languageofmenopause.co.uk

Check out the website that supports this leaflet for more information on perimenopause and menopause, and the help available. Scan the QR code to access the site.

Please note that Besins Healthcare is not responsible for the content of the sources listed below.

www.nhs.uk/conditions/menopause

What the menopause is, what the symptoms can be, what you can do to help yourself, which treatments are available and where to get help and support.

www.womens-health-concern.org

A confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

www.menopausematters.co.uk

An award-winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.

www.daisynetwork.org

A charity for women who experience early menopause. The Daisy Network provides a support network of people to talk to and allows members to share information about their personal experiences.

www.themenopausecharity.org

A charity on a mission to help you understand the mental and physical changes that occur during perimenopause and menopause and to provide you with the tools and treatments needed to manage them.

We hope you find this guide useful when talking to your healthcare professional about perimenopause and menopause.



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