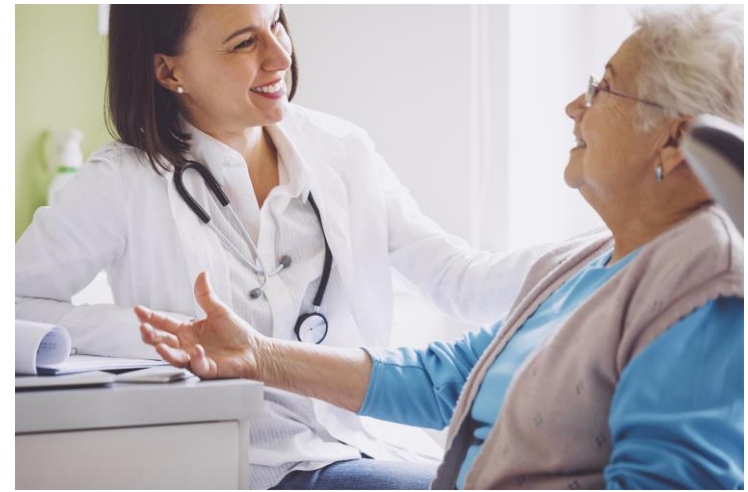


Thoughts on Menopause



Facts and Stats.

- Oestrone isolated 1929
- HRT was first available in the 1940s and became available to all women in the UK in 1965.
- The British College of Obstetricians and Gynaecologists – 1929
- The British Menopause Society - 1989
- Average age Peri to Post Menopause in UK 45-55



Statistics

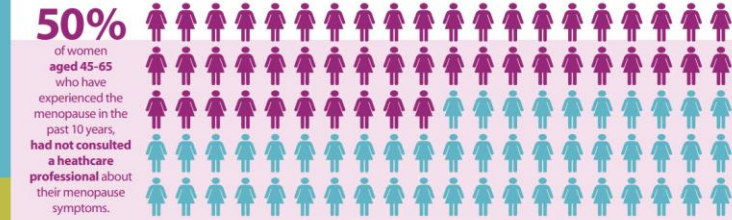
National Survey 2016

- 50% Of women experiencing menopause had not consulted health professional.
- 50% Said impacted home life.
- 20% Experienced concentration / memory problems
- 70% Experienced night sweats

National survey – The results



In May 2016, a survey conducted by Ipsos MORI, on behalf of the British Menopause Society (BMS), revealed that one in two women aged 45-65 had gone through the menopause within the past ten years without consulting a healthcare professional. This is despite women surveyed reporting on average seven different symptoms and 42% saying their symptoms were worse or much worse than expected.



This despite women reporting on average seven symptoms and 42% feeling their menopause symptoms were worse or much worse than they suspected.



50% of women said their menopause symptoms had impacted their home life.

Many experienced symptoms they did not expect, including:

22% unexpected sleeping problems/insomnia

20% difficulty with memory/concentration

18% experienced unexpected achy joints

More than a third said their menopause had impacted their work life.

79% of women surveyed experienced hot flushes and
70% experienced night sweats



36% women said their menopause symptoms impacted their social life



50% reported their menopause symptoms impacted their sex life



www.womens-health-concern.org
Reg Charity No: 279651
Company Reg No: 1432023

For further details – please visit

www.thebms.org.uk or telephone **01628 890 199**



www.thebms.org.uk
Reg Charity No: 1010144
Company Reg No: 02704639

September 2016



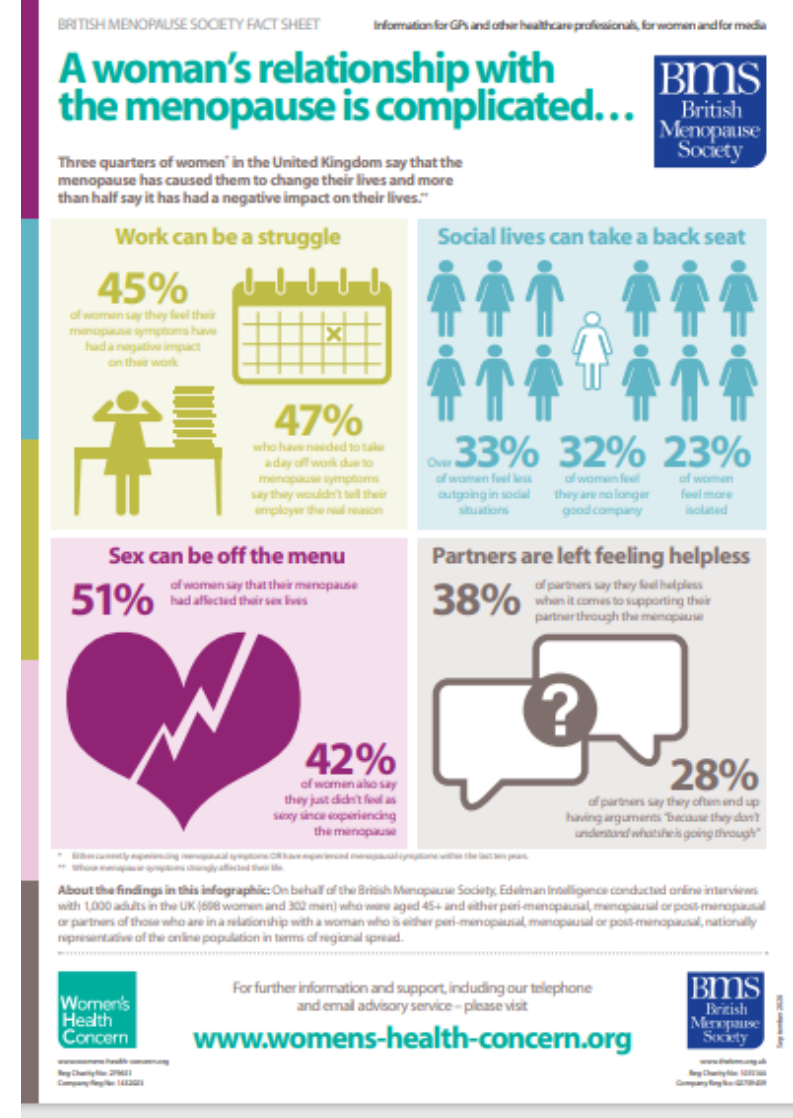
www.thebms.org.uk

Statistics

Survey 2020

- 45% Said menopause negative impact on work.
- 32% Felt they were no longer good company socially.
- 51% Menopause negatively affected sex life
- 38% Of Partners feel helpless

www.womens-health-concerns.org



Challenging Myths

- Perimenopause/Menopause doesn't happen on a single day but is a progressive reduction and or/fluctuation in hormone levels.
- The Menopause is not just for over 40s. Premature Ovarian Insufficiency (POI) can occur under 40 years of age as a result of medical conditions or surgical intervention.



Symptoms

There is oestrogen / oestrogen receptors in every cell of the body so when levels drop and hormones fluctuate it can have a massive impact on physical and psychological health.

Physical:

- Hot flushes; night sweats (vasomotor) ; dizziness; palpitations; dry/itchy skin; headaches; muscle & joint pain; numbness in hands & feet; breathing difficulties; twitching & muscle jerks; vaginal issues; fatigue; sleep issues.

Symptoms

- Psychological:
 - Feeling anxious, tense, nervous; overthinking; sleep issues; excitable; panic attacks; difficulty concentrating; feeling tired; feeling low, unhappy or depressed; crying spells; irritability; feeling angry; lack of tolerance.



Using the Greene Climateric Scale

Recommend online completion of this scale

<https://menopausematters.co.uk/greenescore.php>

- An appointment to chat through concerns and symptoms with a GP may be helpful, especially if you there is a women's health professional available.
- It's really useful to take a screenshot or print out to the appointment.

Menopause Symptoms: Scoresheet

The Greene Climateric Scale. Reproduced with kind permission from Dr Greene.

The Greene Scale provides a brief measure of menopause symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment.

Three main areas are measured:

1. Psychological.
2. Physical.
3. Vasomotor.

SEVERITY OF PROBLEM IS SCORED AS FOLLOWS:

SCORE

- 0.....None
 1.....Mild
 2.....Moderate
 3.....Severe

Heart beating quickly and strongly	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Feeling dizzy or faint	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Feeling tense or nervous	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Pressure or tightness in head or body	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Difficulty in sleeping	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Parts of body feeling numb or tingling	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Excitable	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Headaches	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Attacks of panic	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Muscle or joint pains	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Difficulty in concentrating	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Loss of feeling in hands or feet	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Feeling tired or lacking in energy	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Breathing difficulties	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Loss of interest in most things	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Hot flushes	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Feeling unhappy or depressed	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Sweating at night	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Crying spells	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Loss of interest in sex	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3
Irritability	<input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 1 2 3	Calculate my score	

Greene Climateric Score Sheet

Menopause Symptoms: Scoresheet

SEVERITY OF PROBLEM WAS SCORED AS FOLLOWS:

SCORE

- 0.....None
 1.....Mild
 2.....Moderate
 3.....Severe

Heart beating quickly and strongly	3	Feeling dizzy or faint	3
Feeling tense or nervous	2	Pressure or tightness in head or body	3
Difficulty in sleeping	3	Parts of body feeling numb or tingling	1
Excitable	0	Headaches	2
Attacks of panic	1	Muscle or joint pains	2
Difficulty in concentrating	1	Loss of feeling in hands or feet	0
Feeling tired or lacking in energy	3	Breathing difficulties	0
Loss of interest in most things	0	Hot flushes	3
Feeling unhappy or depressed	0	Sweating at night	3
Crying spells	1	Loss of interest in sex	3
Irritability	3	Print my results	

Your results are shown below. Please note, this is a guideline only.

	Anxiety	Depression	Sexual	Psychological	Physical	Vasomotor
Average Woman	less than 10	less than 10		7	3	2
Average Menopausal Woman	less than 10	less than 10		12	6	4
Your Score	10	7	3	17	11	6



Impact of symptoms

- SELF
- PARTNER
- FAMILY
- RELATIONSHIPS
- WORK
- HEALTH
- EVERYDAY LIFE

Impact of Symptoms

Can lead to:

- Change in self-perception.
- Arguments and misunderstandings.
- Change in relationship dynamics.
- Change in ability to carry on with caring commitments.
- Weight loss/weight gain.
- An overall sense of diminished wellbeing and resilience.



Offering Support

- Find the right opportunity to chat things through when you will both have the time and privacy
- Try not to be judgmental
- Actively listen
- Ask what type of help is needed and when it is needed
- Be willing to compromise
- Show you care, just little things can make a big difference
- Don't try to fix it – everyone is different
- Understand that symptoms are wide and varied and the result of fluctuating hormones - there's a physical reason
- Agree a way to challenge unhelpful behaviour that you are both happy with
- If appropriate, encouraging a consultation with a GP



Offering suggestions to manage psychological symptoms

- Relaxation techniques including self-compassion break.
- Developing a good bedtime routine.
- Encouraging self-compassion.
- Encouraging pacing and allowing extra time if needed.
- Encourage widening knowledge about menopause from reliable sources to help normalise the experience.



Offering suggestions to manage physical symptoms

- Layered clothing to manage hot flushes, body temperature fluctuations.
- Fan to manage hot flushes.
- Keeping hydrated, exercising and eating well.
- Layered bedding that can be removed.
- Well-ventilated bedroom.
- Sleeping on a soft towel and have a change ready in case of night sweats.
- Safe use of effective painkillers for headaches and muscle/joint pain.
- Develop a good bedtime routine.
- Topical oestrogen can help with vaginal and bladder issues and is available at pharmacies without prescription. Vaginal moisturiser can also be useful.



Nutrition



A balanced diet can really help.

- Plant oestrogens (phytoestrogens) if eaten regularly and in sufficient quantities may have mild oestrogen-like effects. Foods high in phytoestrogens are:
 - Soya, including tofu.
 - Nuts and Seeds - pumpkin, sunflower, sesame & particularly flax, pistachios, peanuts & particularly walnuts.
 - Pulses & beans, including lentils.
 - Fruits – particularly apples.
 - Vegetables – particularly carrots.
 - Oats
- Losing oestrogen during menopause increases the rate of loss of calcium from the bones so increasing the risk of osteoporosis.
 - Aim for 2 to 3 portions of calcium-rich food every day such as 200ml milk, small piece of cheese, small yoghurt/rice pudding/custard.

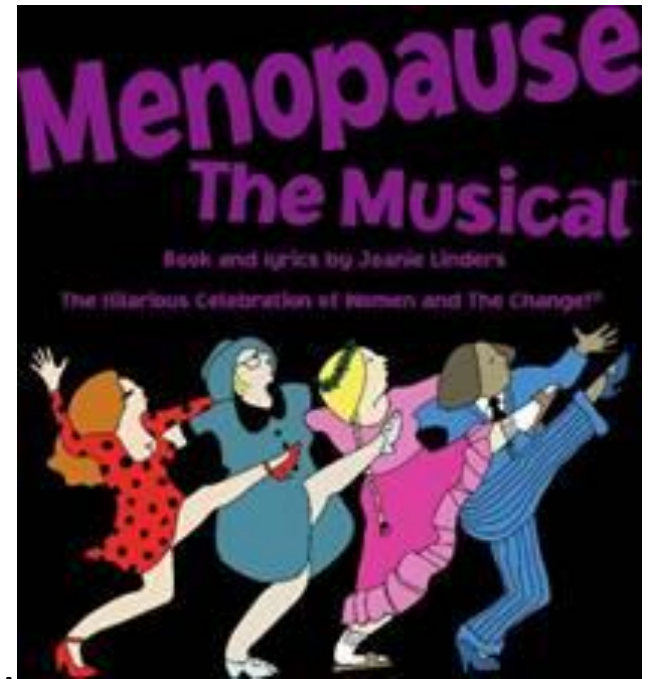
Exercise

Exercise has a positive effect in many ways:

- Preventing weight gain
- Reducing risk of cancer
- Strengthening your bones
- Reducing the risk of other diseases such as heart disease
- Boosting mood

It's important to choose types of exercise that are enjoyable and that provide a mixture of aerobic activity, strength training, stretching, stability and balance. Walking; swimming; yoga; tai chi; dancing, for example.

- Could you exercise together, finding an activity you both enjoy and can commit to on a regular basis?



Websites & Resources for Signposting

The Fire Fighters Charity – <https://www.firefighterscharity.org.uk>

- Womens Health Concerns - <https://www.womens-health-concern.org> (Patient arm of the British Menopause Society)
- Menopause Matters – <https://www.menopausematters.co.uk> (for all things menopause related)
- The Daisy Network – <https://www.daisynetwork.org> (for all things premature menopause related)
- Dr Sanjay Gupta (Consultant Cardiologist NHS York – (for heart related issues) <https://drsanjayguptacardiologist.com/blog/hrt-and-the-heart-good-bad-or-ugly/>)
- British Menopause Society YouTube Channel



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SEARCH



0800 3898820

Enquire about support

Could you benefit from the help of The Fire Fighters Charity with your mental health, physical health or social wellbeing? Give us a ring or register your details via the form below, and a member of our team will be in touch.



The Fire Fighters Charity website – <https://www.firefighterscharity.org.uk>