

LARGE PRINT



Galloways

Support through sight loss

UNDERSTANDING MENOPAUSE

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ADAPTED TO ENSURE IT IS ACCESSIBLE FOR PEOPLE
LIVING WITH SIGHT LOSS**

Karger 

WELCOME!

Galloways is proud to partner with Karger Publishing Ltd. Together, we are committed to making accurate healthcare information accessible to everyone, including people living with sight loss conditions.

By providing information on menopause symptoms, as well as details about how to speak to your doctor confidently about treatment options, in large print, audio, and Braille formats, we ensure that blind and partially sighted individuals can access the information they need to stay informed and proactive about their health.

This document offers an accessible understanding of menopause for those who menstruate. For a more comprehensive understanding, we encourage further research and discussions with healthcare professionals.

All of this information, and more related audio and video content is available on our Digital Hub at galloways.org.uk/digital-hub/



**SCAN TO ACCESS THE
AUDIO VERSION OF
THIS DOCUMENT**

INTRODUCTION

50% of women go through the menopause transition without consulting a health professional, yet 4 out of 5 women have symptoms. Don't struggle in silence. Use this sheet to inform yourself, make a note of your symptoms and talk to a doctor. There are lots of treatment options for troublesome symptoms.

Menopause is your last menstrual period. The more accurate term for the time before and after this event is perimenopause, which is the transition (gradual change) from your reproductive years up to 12 months after your last period. Perimenopause can last a few months or many years.

In a normal menstrual cycle... your ovaries produce two hormones – oestrogen and progesterone. First, rising levels of oestrogen cause the lining of the uterus (womb) to thicken. Then, rising levels of progesterone prepare the lining of the womb to receive a fertilised egg. If the egg is not fertilised, levels of oestrogen and progesterone decrease and the lining of the womb is shed – this is your period.

As you get older, the levels of oestrogen and progesterone start to vary. These unpredictable hormone levels cause the symptoms of perimenopause. Also, the lining of the womb may become too thick and shed chaotically, resulting in irregular, heavy periods

Myths & Facts

Myth	Fact
Now that I'm going through the menopause, I don't need to use contraception.	Even if your periods have become irregular you can still get pregnant, so you should use contraception
I'm too young for the menopause.	Menopause can occur earlier than expected, and symptoms can begin during perimenopause.

Symptom Tracker

Use the table on the next page to keep track of your symptoms over 2–3 weeks so that you can talk to your doctor about them.

Make a note of the severity:

mild: 1,

moderate: 2,

severe: 3

and how long the symptoms last.

Your doctor can help you manage these symptoms with lifestyle changes, treatments for individual symptoms and hormone replacement therapy.

Symtom Tracker

Symptom	Severity (1-3)	Duration
Heavy bleeding		
Hot flushes		
Night sweats		
Vaginal dryness		
Emotional irritability, tearfulness		
Urgent, frequent or accidental urination		
Poor sleep		
Forgetfulness		
Poor concentration		
Difficulty coping		
Lack of drive		
Anxiety		
Depression		
Changes to hair		
Changes to skin		
Loss of interest in sex		
Joint pains		
Muscle pains		
Headaches		
Racing heart		
Other		

Mood and Emotions

Menopause can also affect your mood and emotions. Some women report 'brain fog', forgetfulness and poor concentration.

Long-term Consequences

Lack of oestrogen during perimenopause increases the risk of cardiovascular disease, osteoporosis, cognitive decline, and vaginal and bladder problems. Ask your doctor about this.

Questions to Ask Your Doctor

- Could my symptoms be due to a condition other than menopause?
- What treatments will help to reduce my symptoms?
- What are you prescribing for me and how does it work?
- How often and for how long will I need to take this treatment?
- What are the benefits and risks of the treatment?
- When can I expect to notice improvements in how I feel?
- Will this treatment interact with any other medications that I am taking?
- Am I on the right contraception?

REMEMBER!

There is no 'normal'.

The menopause transition affects different women in different ways and your doctor can help!

USEFUL LINKS

British Menopause Society - Patient Link

<https://www.womens-health-concern.org/>

Menopause Support

<https://menopausesupport.co.uk/>

Menopause Matters

<https://www.menopausematters.co.uk/>

DIGITAL HUB

We have also got a wealth of information and resources on our Digital Hub, which we are constantly updating and developing, so please visit and see what is on offer.

galloways.org.uk/digital-hub/



Lung Cancer Awareness

[View Resources](#)



Bowel Cancer Awareness

[View Resources](#)



Cervical Cancer Awareness

[View Resources](#)



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HOW YOU CAN SUPPORT US

Did you know we can only support people going through sight loss thanks to the generosity of people donating and fundraising?

No matter what your circumstances, there are small ways you can make a BIG difference!

DONATE

- Set up a small monthly donation.
- Consider leaving a gift to Galloways in your Will.
- Join our weekly Lottery.

FUNDRAISE

- Take on a challenge event like a 10k run or obstacle course and raise sponsorship
- Ask your workplace to join our Corporate Club
- Put a collection tub in your local shop, hairdressers or pub.

VOLUNTEER

We have events and activities taking place all the time around Lancashire & Sefton, and there are so many ways of using your skills to get involved!

CHARITY NO. 1208307

ASK A MEMBER OF THE TEAM OR CALL 01772 744148