

MENOPAUSE



Menopause



MENOPAUSE

Symptoms

HOT
FLASHES
CONTINUES
FOR YEARS



EXTREME TIREDNESS



BONE LOSS



WEIGHT
GAIN



MEMORY
ISSUES



EXTREME
SKIN DRYNESS



SLEEP PROBLEMS



MORE BAD
HAIR DAYS

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Symptoms

Hot flushes!!

- Though not welcomed, these symptoms tend to be experienced by the majority of women and are due to the declining level of oestrogen in the body which up until now has maintained the 'hormonal balance' all these years
- The body is now moving into a state of readjustment and learning to live without oestrogen



Don't think of them as "hot flashes"...



Think of them as your inner child playing with matches



Symptoms

Hot flushes and night sweats

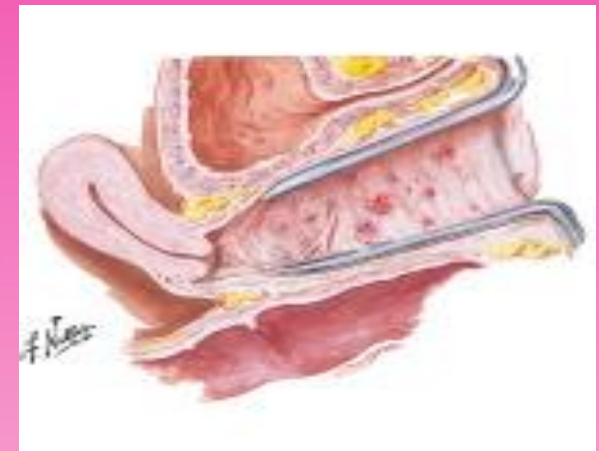
- A sensation of heat spreads over your body, in particular your head, face and chest and is often accompanied by flushing and sweating, followed by a chill



Symptoms

Vaginal dryness

- Not something openly discussed but a symptom that is regularly experienced
- The lining of the vagina needs oestrogen to stay lubricated and elastic
- Loss of elasticity causes dryness leading to uncomfortable intercourse



Symptoms

Urinary symptoms

- The urethra and bladder also rely on oestrogen to function properly
- The loss of oestrogen reduces elasticity causing problems such as an increased need to urinate, pain or burning when urinating or bladder infections



Symptoms

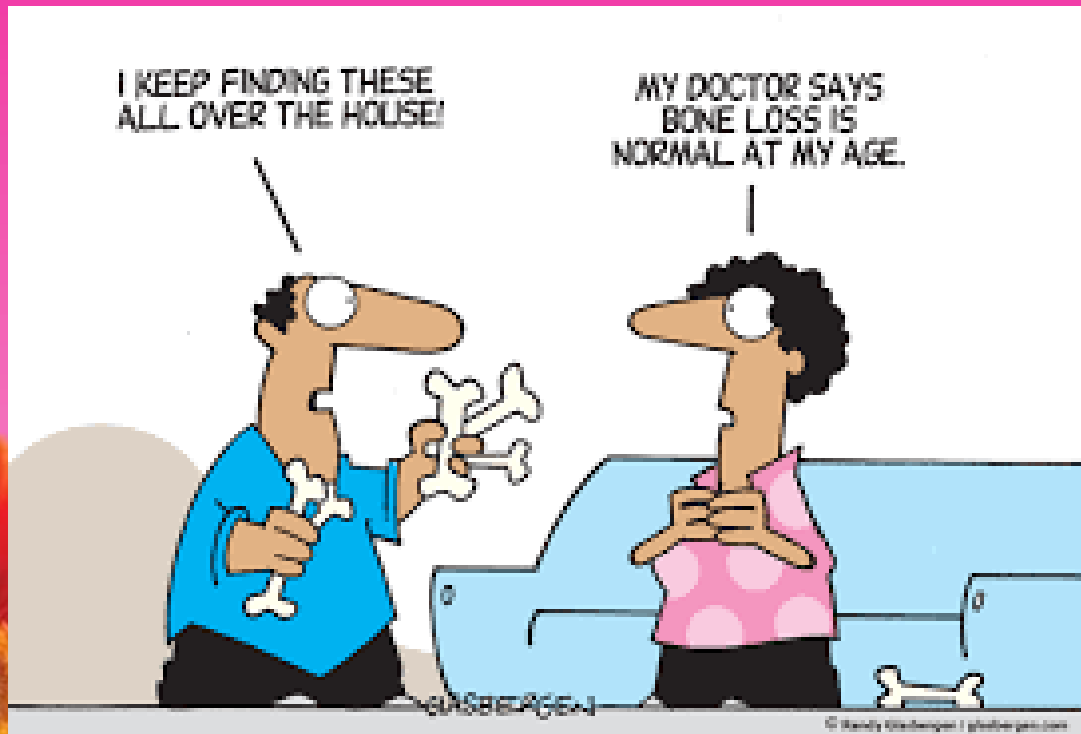
Loss of libido



- Loss of interest in sex or reduced sex drive may occur due to decreased oestrogen levels, or as a result of tiredness and stress as the body changes its patterns
- Vaginal dryness, a change in skin sensitivity, tiredness due to hot flushes and the sense of just not wanting to be touched are other common factors



Osteoporosis



Mood swings/ Sleep disturbances



Menstrual problems

Types of Irregular Periods during Perimenopause



Shorter periods

Longer periods

Extremely light periods

Extremely heavy periods

Skipped or missed periods



Weight gain



I'm not fat..
It's simply the heat
from my hot flashes
causing my body
to expand!

Life as I see it - feel it - live it - Welcome to it..



Skin changes



The decline in estrogen during menopause leads to thinner skin and a reduction in the levels of collagen.

Collagen is an important protein in the structure of the skin.



Talking about menopause

Menopause can still be one of those subjects that can be awkward to discuss at home. Some tips you may want to try include:

- Suggesting your partner joins you when you visit the doctor
- Getting some leaflets from your doctor that you can take home for your family



Talking about menopause

- Sitting down with your partner and explaining what you're beginning to experience and feel
- Letting your family know about the changes you are, and will be, going through



In Summary

- This isn't a 'one size fits all' situation!
- All women are different and will need different ways to manage their menopause
- There's a lot of information to digest and we all have our preferences as to why we choose some methods over others
- **Remember!** Discuss the options and your choices with your doctor who will help you make the best decision to suit you



THANK YOU

