



Menopause Resource Pack



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MENOPAUSE

Wellbeing

THE MENOPAUSE IS A POINT IN TIME 12 MONTHS AFTER A WOMANS LAST PERIOD. ON AVERAGE THIS HAPPENS AT 51 YEARS, BUT IT CAN HAPPEN MANY YEARS BEFORE THIS (NATURALLY OR SURGICALLY INDUCED)

80% OF WOMEN WILL EXPERIENCE SYMPTOMS OF THE PERIMENOPAUSE AND MENOPAUSE. IT IS THEREFORE IMPORTANT THAT THEY ARE RECOGNISED.

MOOD
SWINGS

HOT
FLUSHES

BRAIN
FOG

MENSTRUAL
CHANGES

ANXIETY

NIGHT
SWEATS

SUPPORT FOR OUR WORKFORCE:

MENOPAUSE CAFE

Join this non-judgemental, friendly space to hear all the latest menopause updates, and to chat, listen or share advice on all menopause related topics. Takes place once per month on MS Teams. Third Tuesday of the month @2pm

MENOPAUSE PRACTITIONER Q&A

An opportunity to ask questions LIVE with a Menopause Specialist. First Tuesday of the month @2pm

MANAGERS & LEADERS SUPPORT

A group for managers & leaders to learn and share ideas/examples on supporting their teams through perimenopause and menopause. Held Monthly.

MENOPAUSE WELLBEING CHAMPIONS

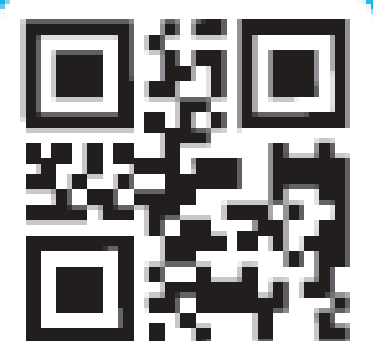
Help us raise awareness and support our workforce. For more information please email:

uhdb.gethealthystayhealthy@nhs.net

MENOPAUSE WORKSHOPS

A selection of menopause webinars delivered by experts in the field including recordings of our popular symptom targeted Menopause Yoga.

www.vimeo.com/showcase/8854943 Password: Wellbeing



Your

Wellbeing Timetable

A free timetable of physical, psychological, holistic and cultural activities to support all areas of your wellbeing. Including weekly Menopause Yoga held online. Please see local intranet or wellbeing team for password



Book via Your Wellbeing Timetable



Wellbeing

Joined Up Care Derbyshire

Menopause Symptoms

1. Irregular periods
2. Heavier periods
3. Hot flushes
4. Cold flushes
5. Night sweats
6. Clammy feeling
7. Heart palpitations
8. Breathlessness
9. Low sugar levels
10. Irritability
11. Trouble sleeping
12. Fatigue
13. Mood Swings
14. Low/no libido
15. Dry vagina
16. UTI systems/recurrent UTI's
17. Incontinence
18. Aching joints/muscles
19. Tense muscles
20. Restless legs
21. Osteoporosis
22. Anxiety
23. Driving anxiety
24. Depression
25. Lack of focus
26. Poor concentration
27. Brain fog/cloudy memory
28. Dizziness
29. Vertigo
30. Acne
31. Headaches
32. Hair loss/thinning
33. Itchy/dry/flaky scalp
34. Facial hair
35. Tinnitus
36. Dry eyes
37. Eye/vision changes
38. Dry mouth/airways
39. Bleeding gums

40. Sensitive teeth/gums
41. Burning tongue/roof of mouth
42. Bad breath
43. Sore breasts
44. Weakened fingernails.
45. Bloating
46. Digestive issues
47. Weight gain/loss
48. Change in body odour.
49. Itchy/crawly skin
50. Allergies worse
51. Electric shock feelings
52. Tingling sensations
53. Twitches

Perimenopause -
transition stage -
oestrogen levels start to
fluctuate - periods may
become irregular - you
may start to experience
symptoms.

Menopause - 1 whole
year without a period -
body produces less
oestrogen - you may
experience **symptoms.**

My Menopause Diary

MONTH:

ROCK MY MENOPAUSE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

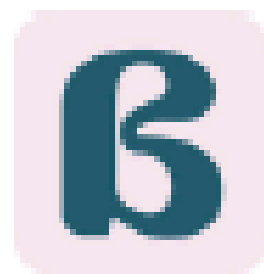
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HOW TO:

Use your menopause diary to keep track of any symptoms you experience. Just make a note of the relevant symptom's number on the corresponding day. This will become a useful document for discussing your symptoms with your GP.

SYMPTOMS TRACKER:

- | | |
|---------------------------------|------------------------------|
| 1. Hot flushes and night sweats | 22. Incontinence |
| 2. Fatigue | 23. Low mood |
| 3. Dizziness | 24. Cystitis |
| 4. Loss of libido | 25. Vaginal dryness |
| 5. Mood swings | 26. Difficulty concentrating |
| 6. Irritability | 27. Osteoporosis |
| 7. Hair loss | 28. Emotional changes |
| 8. Weight gain | 29. Depression |
| 9. Palpitations | 30. Insomnia |
| 10. Bloating | 31. Aching muscles |
| 11. Headaches | 32. Tender breasts |
| 12. Tinnitus | 33. Heavy periods |
| 13. Bladder weakness | 34. Skin changes |
| 14. Memory lapses | 35. Panic attacks |
| 15. Irregular periods | |
| 16. Itchy skin | |
| 17. Nausea | |
| 18. Joint pain | |
| 19. Anxiety | |
| 20. Brittle nails | |
| 21. Digestive problems | |



Menopause Symptom Questionnaire

This can be used to monitor symptoms and is worth doing regularly to assess how symptoms change with time or with treatment.

Alternatively, download *balance* app to take the *balance* Menopause Symptom Questionnaire© and access a personal Health Report©.

Please indicate the extent to which you are bothered at the moment by any of these symptoms by placing a tick in the appropriate box:

SYMPTOMS	Not at all 0	A little 1	Quite a bit 2	Extremely 3	Comment
Heart beating quickly or strongly					
Feeling tense or nervous					
Difficulty in sleeping					
Memory problems					
Attacks of anxiety, panic					
Difficulty in concentrating					
Feeling tired or lacking in energy					
Loss of interest in most things					
Feeling unhappy or depressed					
Crying spells					
Irritability					
Feeling dizzy or faint					
Pressure or tightness in head					
Tinnitus (ringing or buzzing in the ear)					
Headaches					
Muscle and joint pains					
Pins and needles in any part of the body					
Breathing difficulties					
Hot flushes					
Sweating at night					
Loss of interest in sex					
Urinary symptoms					
Symptoms due to vaginal dryness					
SCORE					