



WHAT IS MENOPAUSE?

Menopause is when a woman ceases having her period for at least 12 months in a row. It happens because a woman's ovaries stop producing the hormones estrogen and progesterone. This often happens to women between the ages of 45 to 55 years old. Some women may experience it at an earlier age because of surgery to remove the ovaries and uterus, cancer treatments, autoimmune diseases, family history or genetics.

SYMPTOMS

- Absence of periods
- Hot flashes
- Difficulty sleeping
- Vaginal and urinary problems
- Mood changes
- Changing feelings about sex
- Forgetfulness or trouble focusing
- Lower back pain

PREVENTION AND TREATMENT FOR SYMPTOMS

- Low-Dose Oral Contraceptives (birth control pills) if you are perimenopausal.
- Menopausal Hormone Replacement Therapy can be helpful at helping with moderate to severe symptoms but you should talk to your provider about potential health risks.
- Prescription Medicines and Over-the-Counter Medicines to treat vaginal discomfort.
- Over-the-Counter herbal medication such as Black Cohosh may also treat menopausal symptoms.

STAYING HEALTHY AFTER MENOPAUSE

- **Eat Well:**
 - Recommended nutrients:
 - Calcium and Vitamin D
 - See a nutritionist or your health care provider for more information.
- **Be Active:**
 - Do at least 30 minutes of physical activity each day for 3-5 days a week.
- **Quit Smoking or Avoid Second-Hand Smoke:**
 - Contact Health Education Department if you need help to quit smoking. Try to stay away from second-hand smoke.
- **Take Care of Your Gynecological Health:**
 - Have regular Pelvic and Pap exams
 - Have regular Mammograms

Sources:

- Women's Health, U.S. Department of Health and Human Services
- Centers for Disease Control and Prevention
- National Institute on Aging

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
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甚麼是更年期?

更年期就是女性連續停止月經至少十二個月。月經停止是由於女性的卵巢停止製造荷爾蒙雌性激素和黃體酮。更年期通常發生于四十五歲至五十五歲之間的女性。由於手術切除卵巢和子宮、癌症治療、自身免疫病、家族史或基因等原因，有些女性的更年期可能會提前。

更年期的症狀

- 沒有經期
- 潮熱
- 失眠
- 陰道和尿道問題
- 情緒改變
- 改變對性的感覺
- 健忘或難以集中注意力
- 腰痛

預防和治療更年期的症狀

- 如果您臨近更年期，可以按醫生囑咐服用小劑量的口服避孕藥
- 更年期荷爾蒙治療可以幫助減輕中度到嚴重的更年期症狀，但您應該先和醫生討論潛在的健康風險
- 處方藥物和非處方藥可以治療陰道不適
- 非處方的草藥，例如黑升麻，也可以治療更年期症狀

在更年期後保持健康

- 吃得健康
 - 建議的營養素：
 - 鈣質和維生素 D
 - 向營養師或醫護人員諮詢更多相關資料。
- 適當運動
 - 每天做至少三十分鐘的體育活動，每個星期做三至五天。
- 戒煙或遠離二手煙
 - 如果您想要戒煙，請聯絡健康教育部。盡量遠離二手煙。
- 照顧好您的婦科健康
 - 定期做宮頸巴氏塗片檢查
 - 定期做乳房 X 光檢查

資料來源:

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