

A Raparu guide to: Menopause

We know Menopause, but what about Perimenopause?

Perimenopause: Natural transition of the body to menopause, marking the end of the reproductive years. Some also call it the menopausal transition, but it's the same thing!

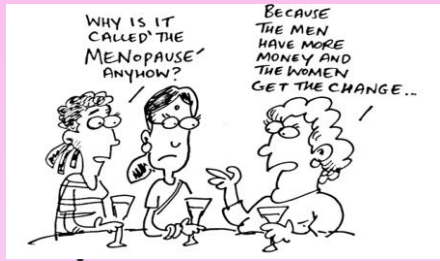
Do symptoms differ in Peri/menopause?

Menopause is the stoppage of having periods due to low hormone levels. It's a natural part of ageing that usually happens between 45 and 55 years old.

- Perimenopause**
- Hot flushes
 - Cold flushes
 - Anxiety
 - Rage
 - Brain Fog
 - Mood swings
 - Irregular periods
 - Forgetfulness
 - Tinnitus

Could appear in both

- Menopause**
- Fatigue
 - Low sex drive
 - Sore breasts
 - Weight gain
 - Dry itchy skin
 - Aching joints
 - Dry eyes
 - Hair loss
 - Vaginal dryness



GP suspects Menopause?

Blood test offered if:

- Aged 40-45 with symptoms
- <40 years but Menopause suspected



Follicle-stimulating hormone (FSH) is increased in Menopause

Different tests may be needed if you are on hormonal therapy already



Treatment options

HRT: Hormonal Replacement Therapy provides oestrogen which is lost during menopause. This can be given as tablets/patches/skin gel. Non-hormonal treatments can also be used to manage menopause symptoms like low mood, hot flushes, vaginal dryness and others.

Non-medical treatments include an array of options such as CBT, yoga, certain plants/herbs, mindfulness... never underestimate the power of a good diet and your mind!

How is Raparu promoting Menopause awareness?

Raparu aims to equip women in understanding the menopause and spread awareness of managing symptoms and making future choices.

Alongside the promotion of digital health apps and co-authoring a book on the menopause, Raparu shares their resources on their website!

"After hearing all the information today about combatting the effects of the menopause, it may be that my medical diagnosis may not be the diagnosis I should have had, so I'm going to go back to the GP. This makes me more determined to stay in work and find ways to minimise my hot flushes." **Samantha, aged 49 years old**

Risks and considerations for HRT



HRT can increase slightly risk of stroke and thrombosis, but stroke is very rare in women <60 years of age.



HRT increases the risk of breast cancer slightly, but not mortality from breast cancer.



Other side effects: bleeding, breast tenderness, headaches.

Can you recommend how to deal with my menopause symptoms?



This new book has some great advice!

Carol found her own way of coping with the hot flushes

