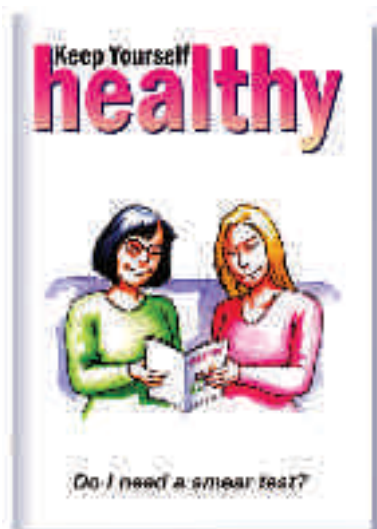
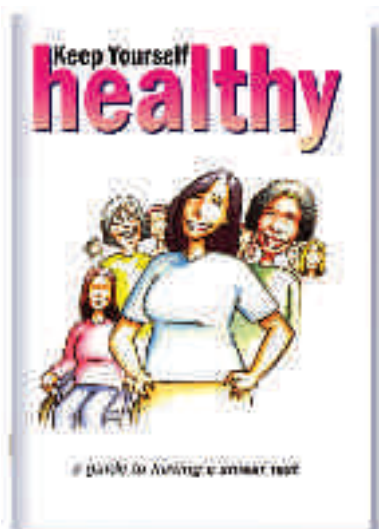
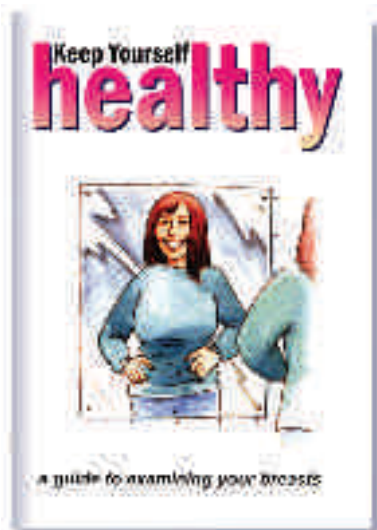
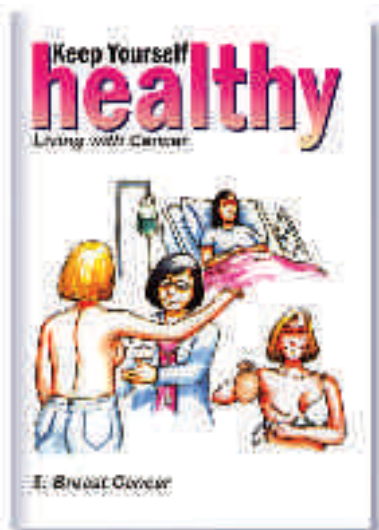


Keep Yourself **healthy**



a guide to the menopause

Look out for our other booklets!



You can find details of these and our other booklets
at www.fairadvice.org.uk

This booklet will tell you about the menopause, or as some people call it, "the change of life."



Every woman who has periods will go through the menopause. This booklet tells you why this happens and how you might feel.

The Menopause

Women who are 40 - 55 years old stop having periods. This is called the menopause. It may take years to happen, and is normal.



When you have been through the menopause, your periods stop. This means you will not be able to have babies any more.

What happens when you go through the menopause?



You might have light bleeding every period.



You might have heavy bleeding every period.



**You might have bleeding between periods.
This is called "spotting."**

Your periods might happen less often or more often than they did before.



If you are worried about any of these changes to your period, talk about them with your doctor or nurse.

Sometimes women can have lots of different feelings during the menopause.



Sad and tearful



Depressed



Forgetting things



Angry

These feelings will pass in time but are upsetting when they happen. It can be helpful to talk to somebody about these feelings.

Other things that may happen to you during the menopause.

Hot flushes

A hot flush is when you suddenly get very hot and sweaty. It can happen at any time during the day or night. It happens very quickly and lasts for a short time.



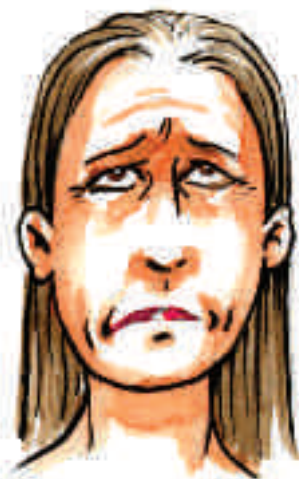
Hot flushes can be uncomfortable but will not harm you.



You may gain weight.



You may get headaches.



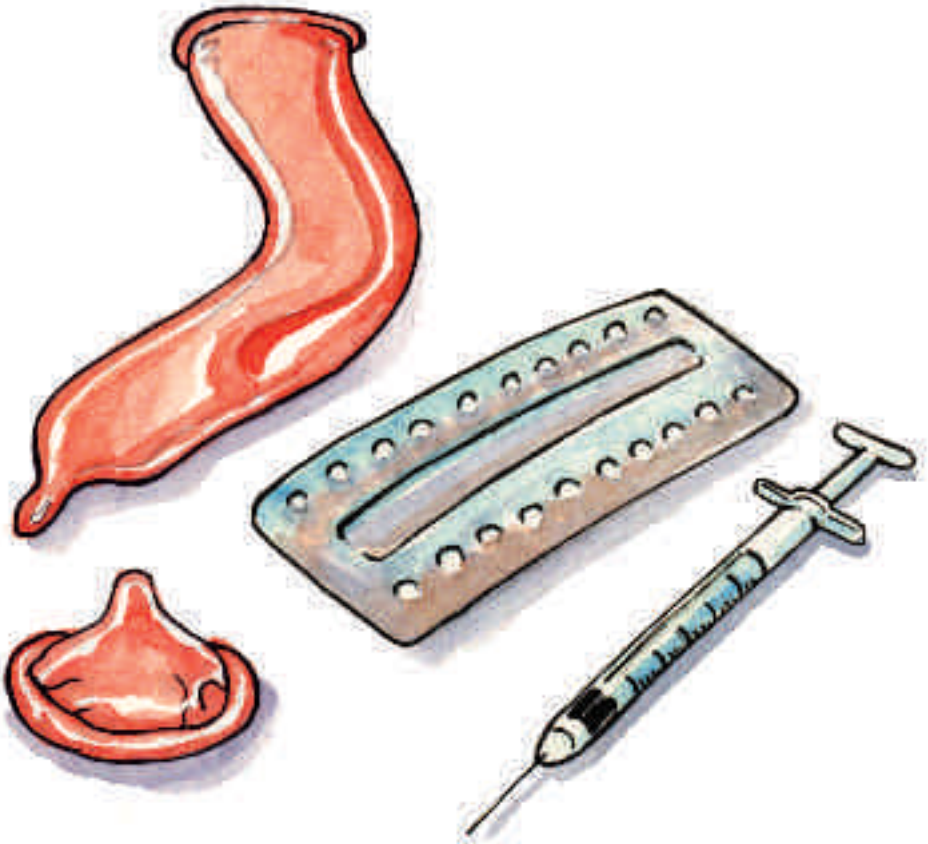
Your hair may get thinner.



Sometimes women may start to wet themselves when they cough, sneeze or laugh.

Contraception

If you don't want to have a baby, you still need to use contraception during and after the menopause. You will need to keep using contraception for two years after your periods stop.



Keeping healthy during the menopause



Write down the date each time you have a period. Write down if your bleeding is heavy or light.



Stay cool if you have hot flushes.



Eat healthy food.



Take plenty of exercise to keep your bones healthy.

Some women get very upset during the menopause and need to see a doctor.

There are medicines that can help with the changes you get during the menopause.



It is important for all women to know about the menopause before it starts.



You can talk to nurses, doctors, key-workers, mums, sisters, friends or partners.



After you go through the menopause or "change of life", life is still fun!

FAIR in association with Community Nurses
for People with Learning Disabilities,
NHS Lothian.

For further copies contact FAIR Multimedia
Phone 0131 662 1962
Email multimedia@fairadvice.org.uk
Website www.fairadvice.org.uk

Published by NHS Health Scotland
Design: FAIR Multimedia
Illustration: Paul Mudie
© NHS Health Scotland, 2009
ISBN: 978-1-84485-456-1



