



Menopause Awareness Month:

Embracing Change and Supporting Wellbeing



October is Menopause Awareness Month, dedicated to raising awareness, breaking taboos, and providing support for women navigating this significant stage of life.

Menopause is a natural biological process marking the end of a woman's reproductive years, typically occurring between the ages of 45 and 55 – although it can occur earlier or later. Despite being a universal experience for women, menopause is often surrounded by myths, misunderstandings, and silence.

October
18th is *World*
Menopause Day



Menopause

Menopause starts to occur when the ovaries gradually produce less oestrogen and progesterone, leading to the end of menstrual cycles.

Perimenopause, Menopause and Post-menopause

The process can be divided into three stages: perimenopause, menopause, and post-menopause.

Perimenopause

Perimenopause is the transitional phase, often lasting for years, when symptoms such as irregular periods, hot flushes, sleep disturbances, and mood changes begin.

Menopause

Menopause is officially reached when a woman has not had a period for more than 12 consecutive months.

Post-menopause

Post-menopause refers to the years following menopause, where symptoms may continue for some women, but the risk of conditions such as osteoporosis and cardiovascular disease can increase due to hormonal changes.

The experience of menopause varies widely, with some women experiencing minimal disruption to their life, whereas others may develop severe, long-lasting symptoms. However, understanding the possible symptoms and changes can help women feel more prepared and proactive about their health.

Promoting Awareness and Education

One of the key goals of Menopause Awareness Month is to break down stigma and provide reliable, accurate information. Education is key – not just for women experiencing menopause, but also for partners, families, workplaces, and healthcare professionals. Open conversations can normalise the experience and encourage supportive environments, whether at home or in the workplace.

Healthcare providers also play a crucial role in guiding women through the menopause. Regular check-ups can help monitor risks such as osteoporosis and cardiovascular disease. Treatments, ranging from hormone replacement therapy (HRT) to lifestyle interventions can be very effective at mitigating the effects of the menopause, and if you're struggling, don't be afraid to reach out to your healthcare provider.

Common Symptoms

Women may experience both physical and emotional changes

- 1 Hot flushes and night sweats
- 2 Sleep disruption and fatigue
- 3 Mood changes, anxiety, and irritability
- 4 Hot flushes and night sweats
- 5 Weight gain, joint stiffness, and hair or skin changes
- 6 Memory or concentration issues



Supporting Wellbeing Through Menopause

Navigating the menopause is a deeply personal journey, and prioritising your overall wellbeing can make the transition smoother. A thoughtful blend of lifestyle habits, medical guidance, and emotional support can help you feel more balanced and empowered.



Physical Health: Staying active with exercise such as walking, yoga, or strength training helps maintain bone density and muscle strength. A balanced diet rich in whole foods, with plenty of fruit, vegetables, and lean protein, ensures that your body is getting the right nutrition. Adequate calcium and vitamin D are especially important for protecting bone health during and after the menopause.



Mental Health: Fluctuating hormones can impact mood, sleep, and focus. Mindfulness practices, meditation, and relaxation techniques may ease stress and improve your sleep quality. Connecting with support groups, family, or friends can provide reassurance and remind you that you are not alone in your experience.



Medical Support: Regular check-ups with your healthcare provider can help monitor blood pressure, bone health, and other changes that may arise during the menopause. Treatment options such as hormone replacement therapy (HRT), non-hormonal medications, or complementary approaches can be explored based on your individual needs and preferences. HRT suitability varies depending on personal and family health history. issues

Conclusion

Menopause is a natural part of life, yet it remains misunderstood and under-discussed. Menopause Awareness Month is an opportunity to educate, empower, and support women through this transition. By embracing open dialogue, promoting wellbeing, and providing practical support, we can ensure that women navigate menopause with confidence and dignity.

