



Information about Menopause from Spire Regency Hospital

What is the menopause?

Sometimes referred to as “the change of life”, the menopause is the end of menstrual periods. This is due to the ovaries stopping the production of oestrogen and the levels drop. There are 2 stages to the menopause: Firstly leading up to the menopause is the “peri-menopause” when you may experience physical and emotional symptoms. Then stage 2 occurs when you haven’t had a period for over a year and you are now “post-menopausal”. These processes normally happen between the ages of 45 and 55 years. If the menopause happens before this then it is called “premature menopause”

Some women go through the menopause without difficulty, other have severe and distressing symptoms, for these women there are treatments available.

How do you know if you are menopausal?

Most women experience symptoms leading up to the menopause and many will find these distressing.

The first symptom tends to be changes to your periods, either coming more frequently or missing periods or they become heavier. Other common symptoms include hot flushes and night sweats, sleep disturbance, vaginal dryness or soreness and recurrent urinary tract infections.

How can we help?

If you are experiencing troublesome menopausal symptoms, unsure about the various treatment options and confused by risks and benefits of hormone replacement therapy treatments. There are a number of treatments with or without hormone replacement therapy with we can discuss.

If you do not wish to take or for medical reasons cannot take hormone replacement therapy then we can discuss alternatives which may ease the differing symptoms individually. All treatments need to be monitored to make sure of the desired effect.

Here at the Spire Regency hospital we can guide and advise you about individualized treatment to suit you best.

For more information or to make an appointment please call Spire Regency Hospital on **01625 505412**