

Wellbeing Wednesday

ISSUE 4: Menopause

6 quick facts about the menopause

- The menopause is caused by changes in hormone levels which take place as a woman gets older.
- Menopausal symptoms include hot flushes, mood changes, memory problems and changes in sex drive.
- The length of time that symptoms last for varies between individuals, but averages about 4 years.
- Treatment is available to help with symptoms if you want it.
- A healthy diet and regular exercise, alongside simple behavioural changes, can improve some symptoms.
- Talking helps – friends, family and professionals can give support and guidance.



Additional
resource

The UK Guide to Menopause
can be found here @
www.menopause.co.uk

If you need to talk with anyone about anything related to the menopause Rebecca Leonard, Alison Woosey & Victoria Gavin are the Trust's menopause trained members of staff .