

MENOPAUSE

Mend-your-Pause

Are you experiencing these symptoms?



mood swings

feeling down, crying, increase in anxiety



night sweats

which disturbs the sleep



hot flashes

Sudden heat waves over the upper part of the body and face followed by sweating. This can happen many times during the day

This could be
----due to----
MENOPAUSE



palpitations

feeling the heart beat faster



weight gain

especially over the midriff



abdominal bloating



dry skin

Increase in skin sensitivities such as eczema, rashes etc



headache



tiredness



joint pains

These changes can start even before your periods stop (in the perimenopause)



You don't have to suffer these symptoms alone

What is MENOPAUSE?

Menopause occurs when the ovaries stop producing hormones (estrogen and progesterone) and the periods stop.

A woman is said to be in the menopause when she does not have a period for 1 year.

Women usually menopause between the ages of 45 and 55 years. In Malaysia, the normal age of menopause is between 50-51 years.



Any form of vaginal bleeding after one year of stopping periods should always be investigated!

Other commonly used terms...

PREMATURE OVARIAN INSUFFICIENCY (POI)

One (1%) of women will menopause before the age of 40. These women should seek medical advice and have the option of treatment with hormone therapy.

LATE MENOPAUSE

When menopause occurs after the age of 55 years.

EARLY MENOPAUSE

When menopause occurs between 40 – 45 years.

PERIMENOPAUSE

The time when the period cycles start changing and when menopausal symptoms may occur. This phase goes on till one year after the last period.



SURGICAL MENOPAUSE

- When both ovaries are removed by surgery before menopause.
- Symptoms of surgical menopause can be abrupt and more severe.

MENOPAUSE CAN ALSO CAUSE THESE PROBLEMS

Brain

- Difficulty in remembering things
- Concentration problems

Heart

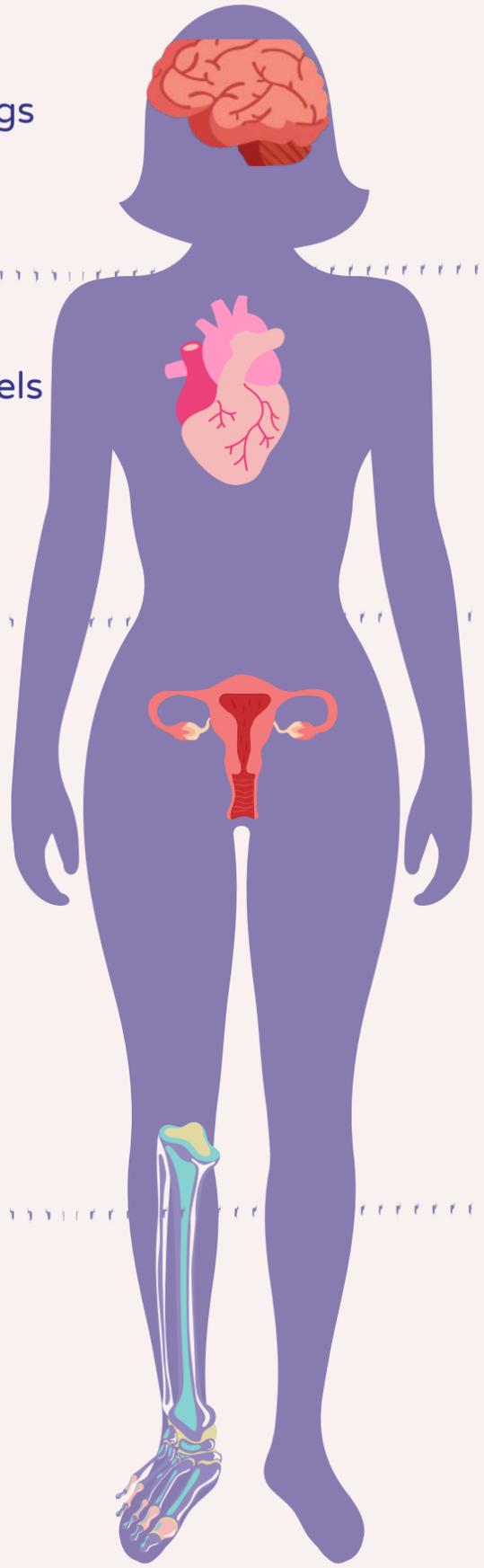
- Increase in bad cholesterol levels
- Blocks in the heart vessels
- Increase in the risk of diabetes

Vagina

- Dryness in the vagina
- Pain / bleeding during sex
- Loss of interest in sex
- Increased risk of vaginal infections
- Change in bladder control
- Leaking of urine
- Increased urinary tract infections

Bones

- Bone loss occurs and bones become hollow (osteoporosis)
- Loss of muscle strength
- Increase in chances of getting fractures



**These changes can affect your quality of life.
Please seek help from your doctor.**



LIFESTYLE CHANGES

that can help you overcome menopause

1

Keep to a healthy weight. Be active, exercise at least 5 times a week.



2

Balance your diet. Cut down spicy and oily food, along with fatty, salty and food filled with sugar.



3

Minimise alcohol intake.

4

Stop smoking.



5

Reduce caffeine intake.



6

Visit your doctor regularly.

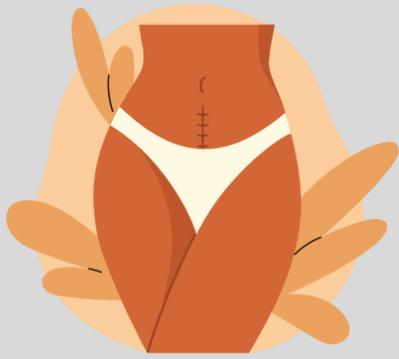


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Have a support group, talk to other women going through the same phase of life.

MENOPAUSAL HORMONE THERAPY (MHT)

MHT is hormone therapy that is recommended to women with menopausal symptoms that affect their quality of life.



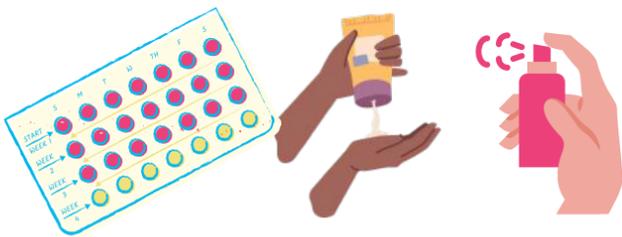
Women without a uterus only need estrogen therapy.



Women with a uterus need 2 hormones i.e., estrogen and progestogen therapy.

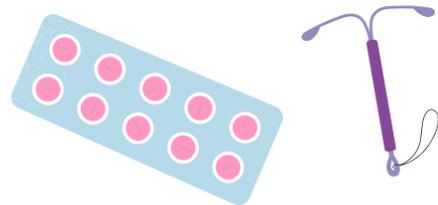
Estrogen

Can be given as pills to swallow, gels or sprays to be used on the arms.



Progestogens

Can be given as tablets to swallow, a vaginal tablet or an intrauterine device.



- MHT is safe for women going through the menopausal change and within 10 years of menopause.
- MHT is recommended for women who are unable to cope with the symptoms of menopause.
- MHT should always be taken after a proper evaluation by the doctor.
- MHT will help take away the symptoms of menopause such as hot flashes, night sweats, sleep issues, palpitations and give you better quality of life.
- MHT will help the heart, the bone and the brain.
- MHT can be taken for a long time; however, it is important that blood tests, breast and a gynecological review is done regularly.

Your doctor would choose the correct hormones for you after an examination and certain investigations are carried out.



Women who cannot use MHT

- Women with breast, uterus or ovarian cancer
- Women with history of blood clots or heart disease

Your doctor will assess you prior to giving you MHT

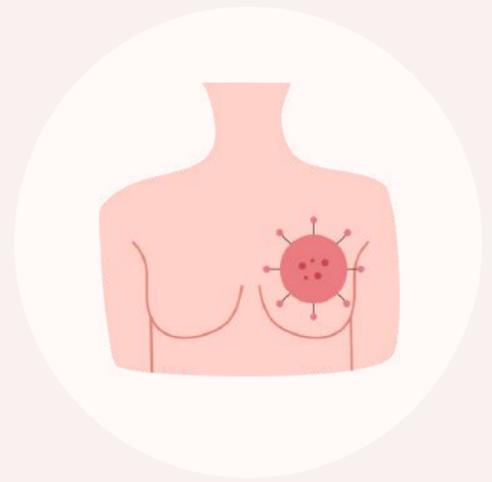
TAKE AWAY THE FEARS

with MHT use

Present data has shown that

- In women without a uterus, the use of estrogen up to 5 years and more does not increase breast cancer risk.
- In women with a uterus, some studies show one extra case of breast cancer in 70 women when estrogen & progestogen are taken for more than 5 years. However, with the use of safer hormones now, this risk is also decreased.
- This risk is so small compared to other common risk factors that increase the risk of breast cancer such as being overweight, having a sedentary lifestyle, not having children or breastfeeding.

The fear of breast cancer



Cardiovascular disease and stroke



- MHT is advised for women in the perimenopause and within 10 years of their last period.
- In this group of women, MHT is safe, improves cholesterol levels and does not increase the risk of stroke or cardiovascular disease.

MHT is safe and effective in healthy women going through the perimenopause and within 10 years of their last period. MHT should always be prescribed after a full medical assessment.

Yearly assessments are necessary after starting MHT.

[For further information, visit menopausefacts.org](https://www.menopausefacts.org)

Endorsed by:



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**Don't be scared of Menopause.
Let us help you manage this "pause" in your life.**