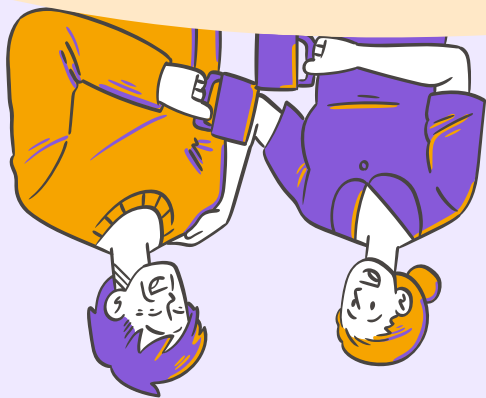




Compiled by:



Tips, ideas,
information
and support.



A Toolkit to help men understand and
provide support for someone going
through the stages of the menopause.

Pause 4 Menopause



Find support for the menopause

Contact your Local GP

Your local GP can give advice and support on the menopause

Find a local menopause group

Local Menopause Groups in Leeds include New Wortley Community Centre and TCV Hollybush

Useful websites

NHS

www.nhs.uk/conditions/menopause/symptoms

Balance website & App

www.balance-menopause.com

Menopause Matters

www.menopausematters.co.uk

Queer Menopause - for people who identify as LGBTQ+

www.queermenopause.com

Mindwell, mental health website for people in Leeds

www.mindwell-leeds.org.uk/myself/looking-after-your-wellbeing

Leeds Teaching Hospitals Menopause Care and FAQ pages

www.leedsth.nhs.uk/a-z-of-services/leeds-centre-for-womens-health/menopause-care

"We all change. Both physically and emotionally as we age but that doesn't mean that we shouldn't be able to look forward to long, happy, healthy, fulfilling lives with our husbands, wives and partners." - Diane Danzebrink

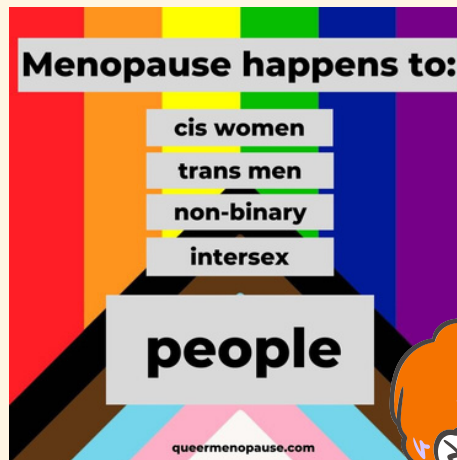
What is the menopause?

The menopause is the time when a female's ovaries stop producing hormones Oestrogen & Progesterone, and menstrual periods stop.

The menopause usually happens between 45 to 55 but can be earlier too. This might be due to genetics, or having medical treatment such as chemotherapy or radiotherapy

Symptoms can appear years before the periods stop, as the body makes its changes leading up to the menopause. This is called the perimenopause. It is still possible to become pregnant during the menopause, and contraception should continue to be used. Everybody's experience of the menopause is individual and unique.

- From the West Leeds Primary Care Network



What are some of the signs of the menopause?

You may have heard of hot flushes and brain fog, but did you know there are over 30 different signs of the perimenopause and menopause? How many of these do you know?

Anxiety Low mood Mood swings Irritability Fatigue
Tearful Lack of motivation Loss of joy Poor memory
Reduced confidence Poor concentration Hot flushes
Difficulty sleeping Headaches/migraines Digestive issues
Heart palpitations Night sweats Joint or muscle pain
Changes to periods Vaginal symptoms Urinal symptoms
Dry eyes/ears/nails Loss of libido Dry/itchy skin Tinnitus
Weight gain Feeling dizzy/faint
Oral health changes Restless legs
Thinning/drying hair

25%

almost no symptoms

50%

will have some mild to moderate symptoms

25%

describe their symptoms as severely affecting their quality of life

"We are all sailing in the same storm, but in different boats."



Kirkstall Valley Development Trust Volunteer

We're all individual

The menopause can feel different for everyone and its symptoms can have a big impact on daily life, from relationships and social life to family life and work.

People from ethnic minority backgrounds, living with a disability, or living with personal health circumstances might have symptoms earlier, experience them differently or face barriers to accessing support.



West Leeds voices and experiences of menopause

"It's a privilege to be able to talk openly about these things with our daughters in today's age."

"There's more to me than the menopause."

"It is empowering."

"My husband and I might not fully understand what's happening to me, but I know we're both in this together"

"Freedom to be me, freedom from raging hormones, and freedom to do things."

"For a period of time we won't feel like talking, cooking, doing the housework. I'd like you to understand that we're not doing it deliberately. We're not in control of this."

"Please don't make everything I do be 'about the menopause!'"

"Freedom from periods – no longer have to worry about my period. No longer buying period products."

"This won't be forever."

Taken from conversations with menopause support groups at WomenZone Community Centre, TCV Hollybush Menopause Meetup and New Wortley Community Centre.

"I had no medication; I didn't go to the doctor, and I kept busy with the housework. I didn't want my son to know about the menopause, I was able to cope myself."

Tips and ideas from male allies

"I help her with day to day tasks that I know she may be struggling with."

"It was spoken about openly at home, my mum was always very open about it and even joked about the hot flushes."

"Remind her you still love her – kind gestures, compliments, joint activities together."

"Try not to complain about the duvet wars, covers coming off and on during the night, try to understand."

Symptom relief toolkit

Looking after physical and mental wellbeing can help with symptoms of menopause. Here are some tips from your local Health & Wellbeing Team that you can try together:

Mental wellness

-  Relaxation strategies
-  Grounding techniques
-  Breathing exercises
-  Be outdoors, enjoy green spaces
-  Connect with others going through the menopause
-  Make lists to help with memory

Visit Mindwell-Leeds or search NHS Breathing



Physical wellbeing

-  Gentle exercise
-  Staying hydrated
-  Healthy diet, avoiding spicy food, alcohol, sugars & caffeine
-  Regular bed time and wake up time
-  Taking a cold-water bottle to bed
-  Attend health checks with GP – check vitamin levels and explore medication options such as HRT

What is HRT?

HRT stands for Hormone Replacement Therapy. HRT is a replacement for the hormones that a woman's body is no longer producing. HRT comes in a range of forms including tablets, patches, gels and implants. HRT is very effective at relieving many symptoms, and many people find their quality of life improves when they take HRT. For most women the benefits of HRT out-weigh the risks associated with it, and can be discussed with a healthcare professional .

How to help someone with menopause

Show that you C.A.R.E.

-  Communicate and show your support
-  Acknowledge and ask questions
-  Respect the person's needs
-  Empathise and seek to understand



"I was living in a house of hormones! Sandwiched between my teenage daughters' hormones and my menopausal partner. My advice is, be accommodating."