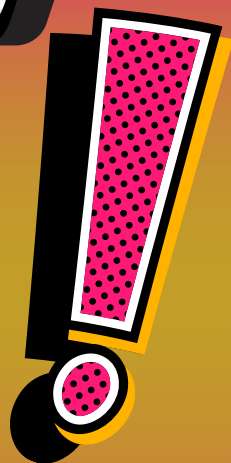


**LET'S TALK
MENOPAUSE**



INTRO

This booklet is designed to raise awareness of the menopause journey. To help inform and empower women on this chapter of their lives. Within the booklet there is information about what the menopause is, signs & symptoms, suggestions for lifestyle adaptations to support well-being, and sources of further information for support.



Contents:

- What is the Menopause and stages of Menopause
- Menopause symptoms
- Holistic approach through Menopause
- Reflection & Journaling
- Support services & further information

WHAT IS THE MENOPAUSE?

Menopause is the general term used to describe the time in a woman's life where she experiences symptoms related to fluctuating and falling hormone levels, when eventually monthly periods stop altogether. The average age for a woman in the UK to experience a natural menopause is 51, however, some women will experience it earlier or later than this. Women can experience perimenopausal symptoms from early to mid-40's, again this can be earlier or later. Some women will experience premature menopause.

STAGES OF THE MENOPAUSE

1

Perimenopause: the time when hormone levels start fluctuating and you can experience a range of menopause symptoms. Periods can change and become heavier, lighter, closer together or further apart. Symptoms experienced can vary and change, so it is a good time to document what is new/ changing for you.

2

Menopause: defined by 12 consecutive months without a period.

3

Postmenopause: the time in your life after the menopause.



MYTH...

THE MAIN SYMPTOM FOR MENOPAUSE IS HOT FLUSHES & NIGHT SWEATS... VERY OFTEN THIS IS CITED AS THE MAIN SYMPTOM WHEN PEOPLE DISCUSS OR QUERY THE MENOPAUSE.

FACT

The range of symptoms women can experience is vast! Some of which completely throw people off and can get passed off as other issues and conditions. We are all unique, and everyone's journey through menopause will be too. It's important to get clued up, and then track and monitor what is different and changing for you as symptoms you experience can change as an ongoing thing.

SYMPTOMS CAN INCLUDE...

- Hair thinning / loss, looking dull and dryness, low mood



- Dry eyes, dry skin, acne, facial hair



- Sore breasts, abdominal bloating, constipation and weight gain



- Disrupted sleep, fatigue, dizzy spells, headaches and migraines, tinnitus



- Dry or burning mouth, gum problems



- Mood swings, rage & irritability, anxiety, depression, panic attacks, brain fog & memory loss/lapses



- Hot flushes, night sweats, irregular heartbeat and palpitations



- Irregular heavier or lighter periods, stress incontinence, UTI's, vaginal dryness/soreness, loss of libido



- Stiff and aching joints and muscles



- Increased allergies, restless leg syndrome, itchy skin, brittle nails





KNOWLEDGE IS POWER!

This stage of life with so many changes, you can very easily feel out of control. Changes are going to happen, so, to manage and stay in control as much as you can, knowledge and understanding of your body and your symptoms is a must. A great time to look at different aspects of your lifestyle, to start to focus on your well-being more so – mind, body, soul. Exploring natural approaches to manage symptoms; exercising and changing your routine, reviewing your diet, taking supplements and using herbal remedies, and adopting wellness practices can all support your transition, alongside taking HRT... if this is your approach.

A HOLISTIC APPROACH

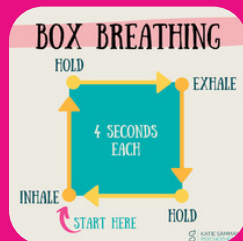
During this chapter of life focus should be on making positive changes to boost your well-being. It's a good time to review and reflect on current lifestyle choices and behaviours and consider how these could be affecting you.



KNOWLEDGE
IS
POWER



CREATE CALM



Create calm. Explore mindful practices to manage mental health, reduce stress and create calm. There are so many ways you can do this, and it's very individual. Explore different techniques, activities, treatments and see what works for you... meditation, breathing exercises, aromatherapy massage, essential oils, herbal remedies, holistic therapies.



HEALTHY EATING

Nutrition plays a vital role in health throughout life, more so throughout the menopause. Oestrogen has a cardio-protective effect on the heart and vascular system, which is why women are less likely to experience heart disease than men. When levels decline after the menopause, there's a rapid rise in cardiovascular disease, which is a key contributor to female morbidity and mortality in later years. Eating for optimal health is so important; to boost brain, heart, bone and gut health. Eating more natural, unprocessed foods, plants and leafy greens, pulses, nuts and seeds, omega 3, vitamins C and E... keep it fresh and colourful, eat a rainbow. Reducing / cutting out things detrimental to wellbeing, such as caffeine and alcohol, that can trigger and heighten symptoms such as insomnia, hot flushes, inflammation, low mood and brain fog. Consider making swaps for herbal teas that can aid relaxation and sleep and alcohol-free drinks.

Scan the QR code
for the Eat Better
booklet



<https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/eat-better>

EXERCISE



Please ensure that you are feeling well enough to exercise and always consult a health professional before starting any exercise programme.

It's common for exercise to be minimal around this time of life for lots of women as a busy work and home life are main priority. Putting yourself/health at the bottom of the priority list. Bone density decreases and weight gain is common. Exercise supports weight management and prolongs bone and muscle degeneration.



Strength training is of high importance throughout all later stages of life. It's recommended to do strengthening activities that work all the major muscle groups on at least 2 days a week – keeping the muscles around joints as strong as you can.



Flexibility and mobility. Yoga and Pilates are great forms of exercise to add in to your routine at this stage of life for strength, function and mobility, alongside the grounding and relaxation elements.



Review intensity. For those exercising frequently at high intensities, it might be that you need to tone it down a notch to lessen impact on joints.



Get the steps in. Spend less time sitting and get the steps in. Increasing your step count is a great way to burn calories and boost your well-being.



Go outdoors. Spend time outside and get a daily dose of vitamin D. Spending time outside in nature is a great way to de-stress and create calm.



The benefits of being active are so vast! This should definitely be a biggie on the priority list.



**SCAN QR CODE TO
VIEW EXERCISE
VIDEOS**



REFLECTION SECTION

Take some time to pause and reflect on your current lifestyle and routine. Have you started to notice any changes or experience symptoms...? a good way to track and monitor this is by journaling.

SYMPTOMS EXPERIENCED

What symptoms have you experienced?

Is this a monthly / regular thing?

Are symptoms the same or different each month?

CURRENT PHYSICAL ACTIVITY & EXERCISE

How much are you currently doing each week?
What is your average daily step count? How
would you rate your physical health & fitness?

CURRENT EATING HABITS

How would you describe your daily diet?
Are you getting a mix of nutrients / 5 a day?
How much water / caffeine / alcohol do you drink?

SUPPORT SERVICES & INFO

Lots of GP practices now have menopause specialists working within the practice, enquire about this.

For anyone that takes HRT and pays for prescriptions, you can get a HRT prepayment certificate, this covers all of your HRT charges for 12 months, for a one-off fee of £19.80 (note this price may change, check with your pharmacy).

Menopause Support Group – Lancashire Women

Lancashire Women offer various support sessions for any experiencing menopause. Scan the QR code to find out more.

<https://lancashirewomen.org/project/menopause-peer-support-group/>

Scan the QR
code



Menopause – Help and support – NHS

The NHS have a range of information online and links to other support services and networks. Scan the QR code to find out more.

<https://www.nhs.uk/conditions/menopause/help-and-support/>



Menopause and heart and circulatory conditions – BHF

The British Heart Foundation have a range of information on the menopause and heart health on their website. The menopause can cause changes in your body that increase your risk of coronary heart disease, and so it is beneficial to get informed and find out more.

<https://www.bhf.org.uk/informationsupport/support/women-with-a-heart-condition/menopause-and-heart-disease>



We Are Undefeatable App

The We Are Undefeatable app gives you free tailored exercise programmes that can be completed anywhere, anytime, and are suitable to help menopause symptoms.

<https://weareundefeatable.co.uk/resources/app/>



SUPPORT SERVICES & INFO

The Balance App

The Balance app is a free app that helps you track your symptoms, access expert content, and get personalised health reports for your menopause. Scan the QR code and download the app to find out more.

<https://www.balance-menopause.com/balance-app/>

Scan the QR
code



Make Menopause Matter

Menopause Support is a not-for-profit community interest company and the home of the national #MakeMenopauseMatter campaign. They have a range of information and resources on their website, scan the QR code to find out more.

<https://menopausesupport.co.uk/>



Understanding Menopause booklet

Menopause Support has launched a new guidance booklet “Understanding Menopause” to support everyone to better understand and navigate Menopause. Scan the QR code to download.

<https://menopausesupport.co.uk/wp-content/uploads/2025/07/Menopause-Support-Booklet-V2.pdf>



Premature Ovarian Insufficiency

The Daisy Network is a charity dedicated to providing information and support to women diagnosed with Premature Ovarian Insufficiency. Scan the QR code to find out more.

Charity for Women with POI | The Daisy Network

<https://www.daisynetwork.org/>



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