

# Menopause – Phase of transition



Most women go through menopause between the ages of 40 and 50. This means that their bodies change because something in their hormones is changing. The menopause usually lasts five to ten years. Some women hardly notice any changes, others have minor problems and some have severe symptoms. The menopause is **not an illness**, but a normal time in life that brings new things with it.



## First signs

- Sleep disorders
- Faster weight gain
- Slight cycle fluctuations
- Headaches
- More severe premenstrual syndrome (= complaints before menstruation)



## Time during the menopause

In the period up to seven years before and up to two years after the last menstrual period (= menopause), many women experience symptoms such as:

- Hot flushes
- Irritability/mood swings
- sleep disorders
- Concentration problems
- dizziness
- Dry skin and mucous membranes
- Fatigue
- Bloating and digestive problems
- Tightness in the breasts
- Vaginal dryness
- Weight gain
- Loss of libido
- Increased urge to urinate/bladder weakness
- Water retention
- Migraines
- Thyroid problems
- Other problems that are not associated with the menopause (e.g. joint pain)

## Treatment options

For severe symptoms:

- Hormone therapy (as short as possible, as long as necessary)

For weaker symptoms:

- Herbal remedies
- Valerian, lemon balm, hops, passion flower (for sleep problems)
- Lady's mantle, sage (against hot flushes)
- Red clover, black cohosh and phytoestrogens (plant hormones)
  - St. John's wort (against restlessness)



## Feel-good tips

Healthy diet

- Milk, yogurt, cottage cheese, cheese, spinach & broccoli (high in calcium & vitamin D)
- Whole grain foods, nuts, beans and seeds (against digestive problems)

Exercise (positive effect on heart, bones, muscles,...)

- Relaxation techniques
- Breathing training
- meditation
- yoga



Please contact your doctor if you have any complaints!  
You are welcome to contact us for psychological support!

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