

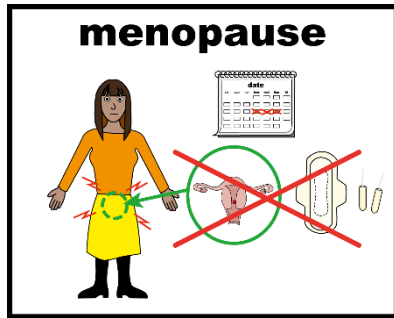
Menopause and perimenopause

Information for family and carers of women with learning disabilities



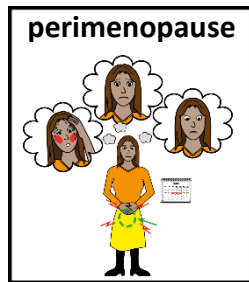
*This booklet was created by Selby Town PCN in collaboration with
Community Team for People with Learning Disabilities*

What do we need to know about **menopause** and **perimenopause**?

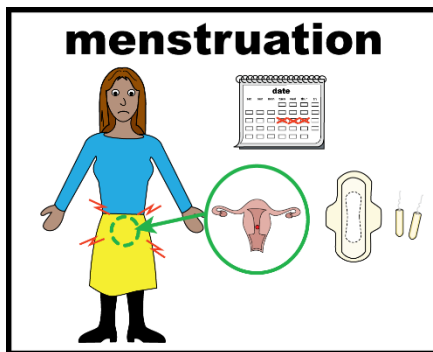
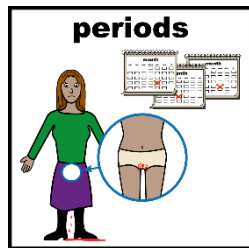


The definition of **menopause** is when you have not had a natural period for one year.

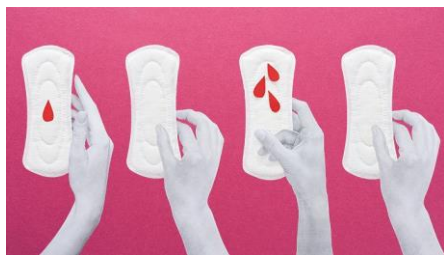
The **menopause** occurs when your ovaries no longer produce eggs and, the levels of hormones estrogen, progesterone and testosterone fall.



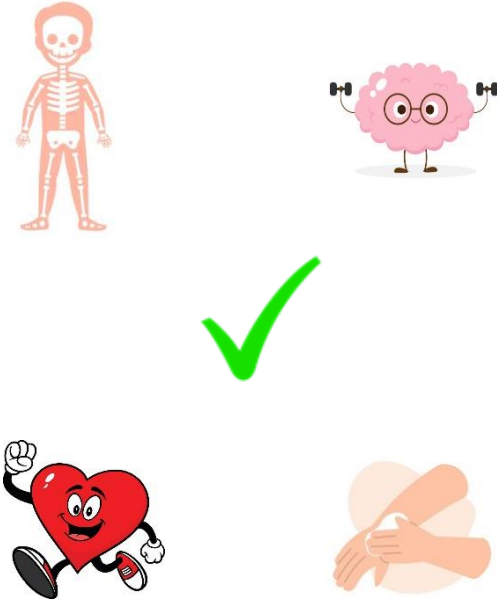
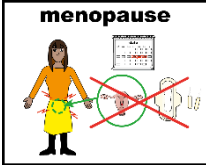
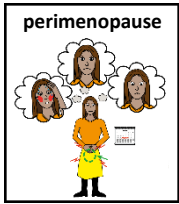

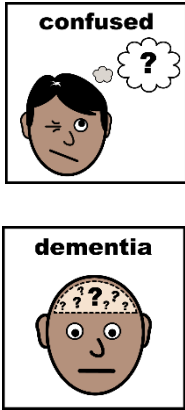
Perimenopause is used to describe the time before the menopause when you experience menopausal symptoms but are still having periods.



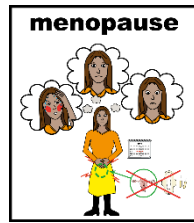
These periods typically change during the **perimenopause** and may be further apart or closer together.



They can be more irregular and heavier or lighter in flow.

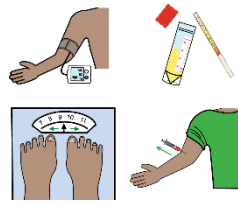
	<p>Estrogen protects several different systems in your body:</p> <ul style="list-style-type: none"> • Brain • Skin • Bones • heart • urinary functions • genital area <p>Low levels of estrogen can affect all these parts of your body.</p>
 <p>→ 51</p>	<p>The average age (in the UK) of the menopause is 51 years, but this can be earlier for some women.</p>
 <p>→ 45</p>	<p>Symptoms of the perimenopause often start at around 45 years of age.</p>
 <p>→ 30? 40?</p>	<p>Women with Down's syndrome usually start the menopause in their early 40's but it can be earlier.</p>
	<p>Some women with Down's syndrome report confusion and difficulty with memory as they experience menopause.</p> <p>It can be difficult to determine whether these symptoms are related to menopause or to the beginning of Alzheimer's disease for postmenopausal women with Down's syndrome.</p>

45+



If you are **over 45 years of age**, have irregular periods and other symptoms of **menopause** then you do not normally need any tests to diagnose the **menopause**.

30-44



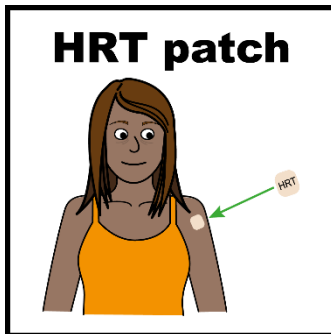
If you are **younger than 45 years of age**, your healthcare professional may want you to have some **tests** before making a diagnosis.



The most effective treatment to manage symptoms is **hormone replacement therapy**.

This is to replace the hormones your body no longer produces.

HRT patch



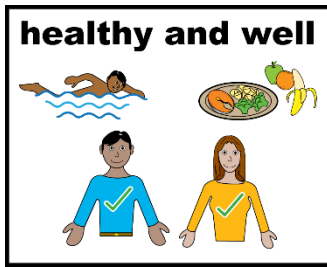
Hormone replacement therapy (HRT) contains estrogen, a progestogen (or progesterone) if it's needed (if you have a womb).

being well



HRT can also protect your future health from the bone-weakening disease known as osteoporosis, and heart disease, type 2 diabetes, bowel cancer and dementia.

For most women the benefits of taking **HRT** outweigh any risks.



Other ways to minimise a negative impact of the **menopause** on your health and wellbeing is to make **healthy changes to your lifestyle**.

Stopping smoking and reducing alcohol, increasing activity, and eating a well balanced diet.

Finding time to do things that help you **relax** and having **strong social and emotional connections** with others can also help your journey.

If you have any questions about menopause or perimenopause, please contact your GP Surgery