

MENOPAUSE ♀

#KnowYourMenopause



HOME SUPPORT PACK

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MENOPAUSE SYMPTOM TRACKER

At Pausitivity we believe that being armed with as much information as possible when you visit your GP is vital. Whether the first visit when you wish to discuss symptoms, or a subsequent visit to discuss progress, a simple symptom tracker can help both you and your medical professional determine the best options for your unique needs.

On the chart below, please circle the answer that best describes you, consider severity as well as frequency. Add up the total. Each week, for at least 4 weeks repeat the exercise to track your progress.

	ALWAYS	MANY	SOME	FEW	NEVER	WEEKLY TOTALS			
						wk1	wk2	wk3	wk4
1. Difficulty concentrating and remembering?	5	4	3	2	1				
2. Hot flushes and / or night sweats?	5	4	3	2	1				
3. Lack of sexual desire?	5	4	3	2	1				
4. Brain fog/poor memory or concentration?	5	4	3	2	1				
5. Mood swings?	5	4	3	2	1				
6. Feeling depressed, anxious, unhappy?	5	4	3	2	1				
7. Difficulties with sleep?	5	4	3	2	1				
8. Irritability or nervousness?	5	4	3	2	1				
9. Heart palpitations?	5	4	3	2	1				
10. Changes in menstrual cycle?	5	4	3	2	1				
11. Low energy, fatigue?	5	4	3	2	1				
12. Breast tenderness?	5	4	3	2	1				
13. Bloating or fluid retention?	5	4	3	2	1				
14. Weight gain?	5	4	3	2	1				
15. Vaginal dryness?	5	4	3	2	1				
						WEEKLY TOTALS			



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ASK THE DOCTOR

Book double appointment with the best person to deal with women's health at your practice.

- 1 Could symptoms be due to something other than menopause?
- 2 Are there any tests you can do to determine cause of symptoms?
- 3 What are the medications I could consider?
- 4 What are the pros and cons of the different forms of HRT?
- 5 What are the side effects of hormone therapy?
- 6 What are the risks? Mention any family history.
- 7 How long would I need to take drugs for?
- 8 Will supplements or herbs help symptoms?
- 9 Are there lifestyle and dietary changes I can make that will help?
- 10 Anything else you would like to ask.



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SELF-CARE POINTS

- 1 Drink 2L plain water/day
- 2 Minimise caffeine and alcohol intake
- 3 Avoid refined carbohydrates and sugars
- 4 Eat natural foods, avoid processed foods
- 5 Stop smoking
- 6 Do regular exercise at least 3 times/week
- 7 Maintain a healthy weight
- 8 Get adequate sleep
- 9 Go outdoors for fresh air
- 10 Reduce stress, e.g. practice mindfulness, meditation, yoga



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RESOURCES

Sadly there is no 'one size fits all' solution to manage menopause, after all, you are wonderfully unique with a unique path to follow.

Within this Support Pack, we've provided a list of basic questions you could consider asking your GP on a visit, plus some simple self-care tips to help yourself. But who else can you turn to for information, advice and support?

There is an extensive list of people/organisations/therapies offering information, advice & support for menopause management, far too many to list here. Here's who we have personally connected with at #Pausitivity, we hope it's a start to helping you find your way.

Note: Please click on a title to explore the suggestions made.

Information:

- NICE guidelines
- Women's Health Concern
- British Menopause Society
- Menopause Matters
- Daisy Network
[Premature Menopause]

Natural:

- Nutrition
- Cognitive Behaviour Therapy

Complementary Therapies:

These are the top therapies women report as being helpful for both physical and emotional symptom support. Please practice due-diligence when working with someone 1:1

- Acupuncture
- Reflexology

There are a number of governing bodies, inc. AoR and IIR

- Medical Herbalist

Bloggers & Podcasts:

At #Pausitivity we value real life, real women, real solutions. Here are our top bloggers & podcasters, informative, supportive and always positive.

- 50Sense
- Well-Well-Well

Menopause Social Groups:

- Menopause Café
- There are very many groups on Facebook too.

Books:

- Menopause. The change for the better. Deborah Garlick. Henpicked
- The M Word. Dr Philippa Kaye.

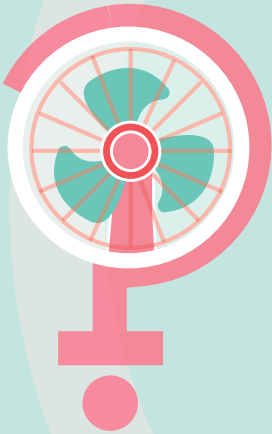


MENOPAUSE ♀

EVERY WOMEN GOES THROUGH THE MENOPAUSE
IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

DO YOU HAVE ANY OF THESE SYMPTOMS?

HOT FLUSHES



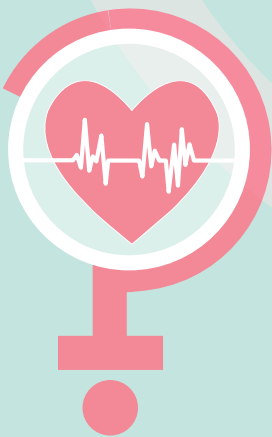
HEADACHES



MOOD SWINGS



PALPITATIONS



TIREDDNESS



PAINS IN JOINTS



YOU MAY ALSO EXPERIENCE:

Sweats, Have difficulty sleeping, Depression, Anxiety, Loss of sex drive (libido), Feelings of not coping as well as you used to and changes to your periods.

If you suffer any of these you might be menopausal. Your symptoms can be managed. Discuss them with your doctor

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