MENOPAUSE

#KnowYourMenopause

SUPPORT PACK

PAUSITIVITY
#KNOWYOURMENOPAUSE

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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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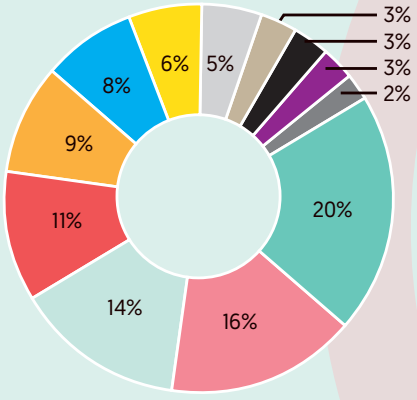
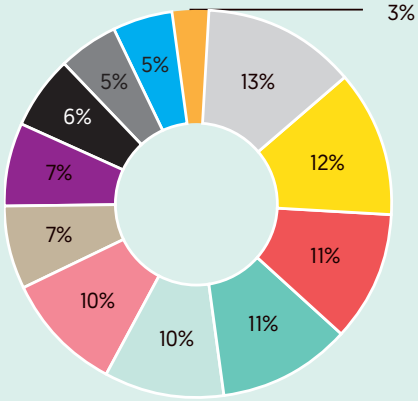
Working together to help women & their medical practitioners

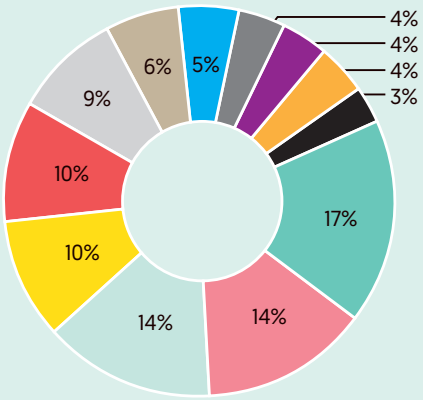
We surveyed more than 850 peri-post menopausal women and asked them how much they knew about the menopause before it began. This is what they said...



Hot flushes, night sweats & irregular periods are the most well-known menopause symptoms.



However, the main symptoms women first saw their GP with were anxiety, depression & sleep problems.



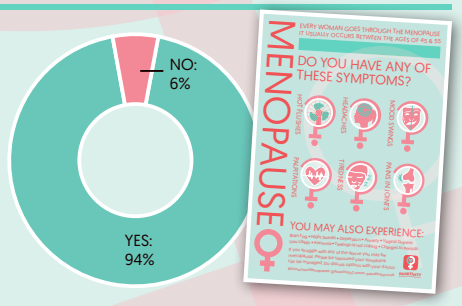
Yet these are the symptoms that finally led to them being diagnosed as menopausal.

Leading to 57% of women waiting more that 12 months for a diagnosis.

Here's one of many similar quotes from the survey:

"This poster would have made me realise the menopause is more than hot flushes and night sweats and I may have been able to link some of my symptoms together much earlier"

Help more women #KnowYourMenopause. Share this page with your GP and ask them to display the poster for all to see.



Question: Would you like to see a KYM poster on display? -
And a massive 94% think seeing a #KnowYourMenopause poster at their GPs' could have helped them get a diagnosis or realisation earlier...

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ASK THE DOCTOR

Ask who is the best person in your GP practice to talk to about women's health, then book a double appointment.

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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CONVERSATION AT WORK

For many women, having a conversation with their manager about their menopause is not an easy one to have.

To help you have that all-important conversation, we have created a framework to help you prepare what to say and how to structure your conversation, as well as how to keep the conversation going with your manager.

Step 1: Before Your Conversation

Ask yourself two questions: "What is the problem?" And, "What does the other person think is the problem?"

This helps you to see it from your manager's point of view. There's a high possibility that your manager has no experience of the menopause or understands how it can affect women in the workplace.

Step 2: Plan but don't script

Make notes of how you're being affected and think about what practical and reasonable adjustments would help you. Think about a timeframe for the help you'd like too.

Drafting a script is a waste of time because your manager doesn't know "their lines," so if you've prepared a script and they go off script you can find yourself getting stuck, and this can be particularly tricky if you're suffering from brain fog.

Step 3: How to outline your conversation

Break it down into 5 parts.

- I have a problem.
- This is how it's affecting me.
- This is how it's impacting my work.
- And here's what I need help with within a suggested time frame
- Arrange a follow-up

Step 4: Putting it together

"Thanks for making time to sit down with me. You know how important the product launch is and how important it is to me.

The problem is, I'm experiencing hot flushes because of my menopause, and when I get these hot flushes my clothes get soaked through and I look like I've stepped out of a sauna. Which means I'm spending time away from my desk, not being productive because I need to go and find somewhere to cool down. I have a couple of ideas that might help me through this. I think a fan on my desk would help or if possible, could I be moved closer to a window. I'd love to hear your thoughts."

End the meeting by saying, "Thanks for your time and I'm sure you agree it would be a good idea for us to catch-up again. When works for you?"

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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.

If you help support women through menopause and would like your link to be added to this list of resources, please do get in touch to discuss further.

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
- On My Last Eggs
- Taking on the Change

Menopause Social Groups:

- Menopause Café

There a very many groups on Facebook too.

Books:

- The M Word. Dr Philippa Kaye.
- Natural Menopause: Anne Henderson
- The Happy Menopause: Jackie Lynch

Menopause in the Workplace:

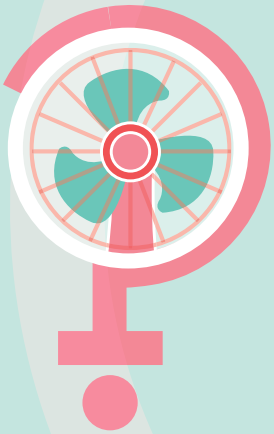
- Menopause Training Company

MENOPAUSE

EVERY WOMAN 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

TIREDNESS

PAINS IN JOINTS

YOU MAY ALSO EXPERIENCE:

Brain Fog • Night Sweats • Depression • Anxiety • Vaginal Dryness
Low Libido • Insomnia • Feelings of not coping • Changes to Periods

If you struggle with any of the above you may be menopausal. Please be reassured your symptoms can be managed. Do discuss options with your doctor.

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