

Menopause Warriors Scotland

“ We can all make the change,
if we do it together”



What we will cover Tonight

1. Purpose of Menopause Warriors Support Group
2. What is Menopause
3. Our Menopause
4. Shared Experience of Menopause Warriors Support Group
5. Symptom's by the Support Group
6. Treatments used by the Support Group
7. Menopause and Relationships
8. HRT
9. Menopause in the Workplace
10. How to support us

Why did we start the Menopause Warrior Group?

Talking is free

No Support

Information was difficult to find

Not to feel alone

What is Menopause ?

- This is where a Women's fertility decrease and this leads to Hormonal Decrease
- Menopause should be diagnosed by Symptoms never age
- There are 3 types of Menopause
 - Natural, Surgical and Cancer
- There are 3 stages of Menopause
 - Perimenopausal – Still have periods but can be irregular along with Menopausal symptoms
 - Menopausal – No period for 1 year
 - Post Menopausal – No period for year and 1 day.
- How Long does Menopause Last?



**WHERE
AM I ?**

Our Menopause

My Menopause

Caroline's Symptoms

Symptoms

1	Allergies	19	Hot Flashes
2	Bloating	20	Incontinence
3	Brain Fog	21	Insomnia
4	Breast Pain	22	Irregular Periods
5	Brittle Nails	23	Irritable
6	Anxiety	24	Isolation
7	Burning Tounge	25	Itchy Skin
8	Cold Sweats	26	Joint Pain
9	Cystitis	27	Loss or Drop in Libido
10	Depression	28	Palpitations
11	Dislike Alcohol	29	Panic Attacks
12	Dizziness	30	Poor Concentration
13	Electric Shock Sensation	31	Sleep Terrors
14	Excess Facial Hair	32	Stomach Problems
15	Fatigue	33	Tinnitus
16	Gum Disorder	34	Vagina Dryness
17	Hair Loss	35	Vulvodynia
18	Headaches	36	Weight Gain

Support Groups Shared Experience

Why

Who

Medical Experience

Treatments used by Menopause Group

	Treatments
1	A.Vogel
2	Accupuncture
3	Anti Depressants
4	B12 Injections
5	Black Cohosh
6	Blackthorn Oil
7	CBD Oil
8	Cut down Alcohol
9	Cut down Caffeine
10	Evening Primrose Oil
11	Exercise
12	Ginseng
13	HRT
14	Lubricants
15	Macca Powder
16	Meditation
17	Menopause Magnets
18	Pelvic Floor Exercises
19	Peppermint Tea
20	Pine Bark Supplement
21	Promensil
22	Red Clover
23	Sage
24	Sertraline
25	Soya, Almond and Coconut Milk
26	St Johns Wart
27	Starflower
28	Therapy/Coaching
29	Turmeric
30	Yoga

Relationships

Partner

Family

HRT

Does HRT cause Breast Cancer?

HRT

Understanding the risks of breast cancer



A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

Difference in breast cancer incidence per 1,000 women aged 50-59.
Approximate number of women developing breast cancer over the next five years.

NICE Guideline, Menopause: Diagnosis and management
November 2015

23 cases of breast cancer diagnosed in the UK general population



An additional four cases in women on combined hormone replacement therapy (HRT)



Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink 2 or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Seven fewer cases in women who take at least 2½ hours moderate exercise per week



HRT

Why should you consider HRT?

When you take HRT what should you consider?

Stopping HRT?

Workplace

Working with Menopause

Symptoms in the Workplace

How can the workplace help women and Menopause.

How Can you Support us?

Acknowledge our Menopause

You can save a women's Sanity

OR SAVE HER LIFE

“Applause Our Menopause”

Resources on Social Media

Menopause Warriors Scotland

Menopause Matters

Dr Nighat Arif

Ruth Devlin Talk Menopause

Hayleys Menopause at 14

British Menopause Society

Liz Earle Wellbeing

Dr Jennifer Gunter

Menopause Chicks

Rock my Menopause