

# Managing Menopause

Menopause is a stage in a women's life. It starts when a woman stops having monthly periods for 12 months in a row.

Estrogen is a hormone made by the ovaries. For several months before menopause, less estrogen is made by the ovaries. As the estrogen decreases, body changes and the signs of menopause occur.

Menopause occurs:

- As a natural part of aging
- When the ovaries are removed
- When ovaries are changed by radiation or chemotherapy
- When less estrogen is made by the body

## Signs

Many women have uncomfortable signs. Often these improve over time. Talk with your doctor about your body changes because there are treatment options and because these changes may be signs of other health problems.

Common signs of menopause are:

- Changes in menstrual cycle or periods
- Hot flashes or warm flush feeling and sweating
- Problems sleeping
- Mood changes
- Headaches
- Feeling anxious

# 顺利渡过停经

停经是女性的一个人生阶段。妇女连续 12 个月不来月事，即标志着进入停经期。

雌性素是卵巢分泌的一种荷尔蒙。进入停经期前几个月，卵巢减少雌性素的分泌量。随着雌性素的减少，身体会发生变化，出现停经期的症状。

停经原因：

- 妇女衰老的一个自然阶段
- 卵巢被摘除
- 放射治疗或化学治疗对卵巢产生影响
- 身体产生的雌性素减少

## 症状

许多妇女会出现不舒适的症状。通常这些症状会逐渐缓解。如果身体发生变化，需要与医生讨论，因为有各种可选择的治疗方法，并且这些变化可能意味着其它健康问题。

停经的常见症状：

- 月经周期发生变化
- 潮热，即感到身体阵阵发热和出汗
- 睡眠问题
- 情绪变化
- 头痛
- 焦虑

- Vaginal dryness
- Lack of sex drive or painful intercourse
- Dryness of the skin or hair

## **Signs to Report to Your Doctor**

If you have any of these signs, call your doctor's office. You may need to be seen to start treatment or to find out if the problem may be caused by something other than menopause.

- Irregular bleeding
- Chronic vaginal discharge
- Vaginal itching, burning or irritation
- Urinary frequency and burning
- Anxiety or depression that affects sleep, relationships and work routines

## **Ways to Manage Your Signs**

Talk to your doctor about ways to manage your signs of menopause. Some treatments have side effects to consider.

### **To help manage hot flashes:**

- Avoid things that trigger flashes such as:
  - ▶ Strong emotions
  - ▶ Tight clothing
  - ▶ Heat
  - ▶ Caffeine foods and drinks such as chocolate, coffee, tea and soft drinks
  - ▶ Alcohol
  - ▶ Spicy foods with spices such as cayenne or cinnamon

- 阴道干燥
- 性欲冷淡或性交疼痛
- 皮肤或头发干燥

## **必须向医生报告的症状**

如果有上述任何症状，请致电医生。可能需要看医生，开始接受治疗，或进一步检查症状是否出于停经以外的根源。

- 不规则出血
- 阴道长期有排出物
- 阴道搔痒、有烧灼感或刺痛感
- 尿频和排尿灼痛
- 焦虑或忧郁，影响到睡眠、人际关系和日常工作

## **症状控制**

请咨询医生如何控制停经期症状。有些治疗方法会有副作用。

### **潮热控制方法：**

- 避免触发潮热，例如：
  - ▶ 情绪激动
  - ▶ 衣服过紧
  - ▶ 热气
  - ▶ 含咖啡因的食物和饮料，例如朱古力、咖啡、茶、软饮料
  - ▶ 喝酒
  - ▶ 使用红辣椒或肉桂等作为调味品的辛辣，食物

- Stay cool
  - ▶ Sleep in a cool room
  - ▶ Use fans during the day
  - ▶ Dress in layers. Remove pieces of clothing at first sign of flush.
- Breathe deep, slow and with your abdomen to help you relax. Breathe about 6 to 8 breaths each minute. Try this for 15 minutes in the morning and the evening.
- Add soy foods to your diet each day like soy milk or tofu.
- Talk to your doctor or dietitian before making changes to your diet or adding vitamins or herbs. Some foods and herbs such as, uncooked Mexican yams, Ginseng root, vitamin E, multivitamin with B and C complex and zinc have natural sources of estrogen to help decrease hot flashes.
- Exercise each day for 30 minutes or more.
- Find or create a support group.

**To help with sleep:**

- Try to stay cool at night. Keep the room cool and wear lightweight clothes.
- Limit or avoid sleeping pills.
- Exercise 30 minutes each day.
- Avoid caffeine or alcohol in the evening.
- Take a warm bath or shower at bedtime or after waking up at night.
- Try cereal and milk at bedtime or after waking.
- Go to bed and wake up at the same time each day, even on weekends.
- Avoid late meals and filling snacks before going to bed.

- 保持凉爽
  - ▶ 保持卧室凉爽
  - ▶ 白天使用风扇
  - ▶ 穿多层衣服。一旦出现潮热症状，脱去一些衣服。
- 作缓慢的腹式深呼吸，可协助自己放松。每分钟大约呼吸 6 至 8 次。早晨和晚上各作 15 分钟的深呼吸。
- 每天吃一些大豆制品，例如豆奶或豆腐。
- 改变饮食、增加服用维生素或草药之前，要征求医生或营养师的意见。有些食物和草药包含天然的雌性素，例如生的山药、人参、含有维生素 E、维生素 B、C 和锌的综合维他命，都有助减缓潮热。
- 每天至少运动 30 分钟。
- 寻找或创设一个支持团体。

### **改善睡眠：**

- 设法保持卧室凉爽，穿轻质衣服。
- 限制或避免服用安眠药。
- 每天运动 30 分钟。
- 晚上避免咖啡因或酒精。
- 睡前或夜间醒来后洗个热水澡或淋浴。
- 睡前或醒来后吃麦片加牛奶。
- 固定作息时间，周末也如此。
- 避免夜宵，睡前不要吃零食。

**To help your moods or anxious feelings:**

- Breathe deep, slow and with your abdomen.
- Use guided imagery or relaxation exercises on tapes, DVDs or CDs.
- Learn to use biofeedback.
- Avoid tranquilizers.
- Join a support group.
- Seek counseling or other help if needed.

**To help with vaginal dryness or sexual problems:**

- Try lubricants and creams during intercourse to help with vaginal dryness or painful intercourse. A water based lubricant will not break down the latex in condoms.
- Learn more about other products – their purpose, side effects and how to use them safely. Talk to your doctor about products such as:
  - ▶ Estrogen creams to reduce soreness
  - ▶ Testosterone creams to increase sex drive
  - ▶ Products that help restore vaginal moisture and comfort
- Wear cotton underwear.
- Do Kegel exercises each day to strengthen the muscles that control the bladder.
- Use more foreplay and stimulation to boost natural lubrication.
- Communicate with your partner about your physical changes and feelings.

### **改善情绪，缓解焦虑感：**

- 作缓慢的腹式深呼吸。
- 在磁带、DVD 或 CD 光盘的引导下，作想象操或放松操。
- 学习使用生物反馈疗法。
- 避免服用镇静剂。
- 加入支持团体。
- 必要时，寻求心理辅导或其它帮助。

### **解决阴道干燥或性问题：**

- 性交时，使用润滑剂和润滑软膏，缓解阴道干燥或性交疼痛问题。水性润滑剂不会溶解保险套的乳胶材料。
- 多了解其它产品 – 用途、副作用和安全使用方法。与医生讨论下列产品：
  - ▶ 雌性素软膏，用于缓解干燥
  - ▶ 睾丸酮软膏，用于增强性欲
  - ▶ 恢复阴道湿润和舒适的产品
- 穿棉制内衣。
- 每天做 Kegel 操，增强膀胱控制肌的力量。
- 性交前增加前戏和刺激，以增强自然润滑。
- 向伴侣说明自己的身体变化和感受。

### **To help with dry skin and hair:**

- Put lotion on dry skin 2 times each day. Do not use lotions with heavy perfumes or alcohol. They can cause more drying.
- Brush your hair often to help spread your hair's natural oils.
- Use hair conditioner or moisturizer each time you wash your hair.
- Limit your time in the sun and use sunscreen with at least 45 SPF every day. Wear a hat or head covering.
- Limit use of chemicals on your hair that dry your hair.

### **Medicine for Menopause**

There are medicines that can help with signs of menopause but many have side effects. Talk to your doctor about the risks, benefits and the best options for your specific needs.

- **Hormone Replacement Therapy:**
  - ▶ **Estrogen may treat signs** of menopause, help prevent heart disease, stroke, colon cancer, Alzheimer's disease and osteoporosis. It also can increase your risk for other diseases so it may not be a good choice for some women. Estrogen comes in pill form or as a patch that you put on your skin.
  - ▶ **Progestin may treat signs** of menopause and can help prevent bone loss, called osteoporosis, and uterine cancer. When taking progestin it is normal to continue or start having periods. Progestin comes in pill form or as an injection. If you have had your uterus removed, you do not need to take progestin.
  - ▶ **Estrogen and Progestin** can be taken together.

### **减轻皮肤和头发干燥程度：**

- 每天使用润肤露 2 次。不要使用含浓烈香水或酒精的润肤露。此类润肤露可加剧皮肤干燥。
- 经常梳头，抹匀头发的天然油脂。
- 每次洗头时，使用护发素或润发露。
- 限制日晒时间，每天使用至少达到 45 SPF 的防晒霜。外出时戴帽子或遮着头部。
- 限制使用导致头发干燥的化学品。

### **停经期的治疗药物**

有些药物可缓解停经期的症状，但是许多此类药物有副作用。向医生咨询药物的风险、优点和切合自己需求的最佳方法。

#### **• 荷尔蒙替代疗法：**

- ▶ **雌性素**可治疗停经期症状，协助预防心脏病、中风、结肠癌、阿兹海默症和骨质疏松症。但是，雌性素也会增加罹患其它疾病的风险，因此未必适合某些妇女。雌性素有口服药丸，也有贴在皮肤上的贴片。
- ▶ **黄体素**可治疗停经期症状，并有助预防骨质疏松症和子宫癌。如使用黄体素，月经继续发生或月经恢复，都是正常的。黄体素有口服药丸，也可注射。如子宫已摘除，则无须使用黄体素。
- ▶ **雌性素和黄体素**可同时使用。

- **Clonidine** is a drug used to treat high blood pressure but also helps ease hot flashes in some women. It comes in pill form or as a patch you put on your skin.
- **Bellergal** helps ease hot flashes but can cause other uncomfortable side effects such as dry mouth, blurred vision and sedation.
- **Selective Serotonin Reuptake Inhibitors (SSRI)** are a group of medicines that treat depression or anxiety. In low doses, some of the medicines in this group have been helpful in easing hot flashes.

## **Other Treatments**

You may benefit from other treatments to manage the stress of menopause. Many women try herbs, vitamins or dietary supplements. Talk with your doctor or pharmacist before using any of these because they may not be safe options for you. Learn the risks or benefits for your health. There may be side effects or interactions from using these along with your other medicines or treatments.

Some women find meditation, massage, acupuncture, exercise and other treatments bring relief. These may also help with overall health and wellbeing.

During menopause and after, women have a greater risk for heart disease and osteoporosis. This is linked to the changes in hormones. You can take steps to lessen your risk and stay healthy.

- **Clonidine** 是降压药，也可缓解某些妇女的潮热问题。此药有口服药丸，也有贴在皮肤上的贴片。
- **Bellergal** 有助缓解潮热，但也会导致其它不舒适的副作用，例如口干、视力模糊和镇静。
- **选择性血清素回收抑制剂（SSRI）** 是一类治疗忧郁或焦虑的药物。使用低剂量的某些此类药物可协助缓解潮热。

## 其它治疗方法

此外，可采用其它治疗方法来控制停经期的精神压力。许多妇女试用草药、维生素、补品。此类治疗选择对您未必安全，因此使用前须征求医生或配药师的意见。了解对健康的风险或好处。与其它药物或治疗方法同时使用，可能会有副作用或相互作用。

有些妇女发现冥想、按摩、针灸、体育运动和其它治疗方法可缓解压力。这些方法也可增进整体的身体和心理健康。

停经期间和停经结束后，妇女患心脏病和骨质疏松症的风险增加。这与荷尔蒙的变化有关。可设法降低风险，保持健康。

## **Your Health**

**To lower your risk of heart disease and osteoporosis and improve your overall health:**

- Do not smoke or use tobacco products.
- Limit alcohol to 1 drink each day.
- Eat a wide variety of vegetables, fruits and whole grains.
- Eat foods high in calcium, vitamin D or take a supplement each day.
- Limit salt, cholesterol and fat in your diet.
- Limit caffeine.
- Maintain a healthy weight.
- Exercise 30 minutes each day. Walking and muscle building are good choices.

**Talk to your doctor or nurse if you have any questions or concerns about menopause or treatment for your signs.**

## 健康

为了降低心脏病和骨质疏松症的风险、改善总体健康状况，应该：

- 切勿吸烟或使用烟草制品。
- 限制饮酒，每天最多一杯。
- 多吃各种蔬菜、水果和全谷物食物。
- 每天吃钙、维生素 D 含量高的食物，或专门补充这些营养成分。
- 限食盐、胆固醇和脂肪。
- 限制摄入咖啡因。
- 保持健康的体重。
- 每天运动 30 分钟。散步和肌肉运动都是很好的选择。

如果对停经期或停经期症状的治疗有任何疑问或担心，请咨询医生或护士。

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