

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

順利渡過停經

停經是女性的一個人生階段。婦女連續 12 個月不來月事，即標誌著進入停經期。

雌激素是卵巢分泌的一種荷爾蒙。進入停經期前幾個月，卵巢減少雌激素的分泌量。隨著雌激素的減少，身體會發生變化，出現停經期的症狀。

停經原因：

- 婦女衰老的一個自然階段
- 卵巢被摘除
- 放射治療或化學治療對卵巢產生影響
- 身體產生的雌激素減少

症狀

許多婦女會出現不舒適的症狀。通常這些症狀會逐漸緩解。如果身體發生變化，需要與醫生討論，因為有各種可選擇的治療方法，而且這些變化可能意味著其他健康問題。

停經的常見症狀：

- 月經週期發生變化
- 潮熱，即感到身體陣陣發熱和出汗
- 睡眠問題
- 情緒變化
- 頭痛
- 焦慮

- 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

- 陰道乾燥
- 性慾冷淡或性交疼痛
- 皮膚或頭髮乾燥

必須向醫生報告的症狀

如果有上述任何症狀，請致電醫生。可能需要看醫生，開始接受治療，或進一步檢查症狀是否出於停經以外的根源。

- 不規則出血
- 陰道長期有排出物
- 陰道搔癢、有燒灼感或刺痛感
- 尿頻和排尿灼痛
- 焦慮或憂鬱，影響到睡眠、人際關係和日常工作

症狀控制

請諮詢醫生如何控制停經期症狀。有些治療方法會有副作用。

潮熱控制方法：

- 避免觸發潮熱，例如：
 - ▶ 情緒激動
 - ▶ 衣服過緊
 - ▶ 熱氣
 - ▶ 含咖啡因的食物和飲料，例如巧克力、咖啡、茶、軟性飲料
 - ▶ 不要喝酒
 - ▶ 使用紅辣椒或肉桂等作為調味品的辛辣食物

- 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.

- 保持涼爽
 - ▶ 保持臥室涼爽
 - ▶ 白天使用風扇
 - ▶ 穿多層衣服。一旦出現潮熱症狀，脫去一些衣服。
- 作緩慢的腹式深呼吸，可協助自己放鬆。每分鐘大約呼吸 6 至 8 次。早晨和晚上各作 15 分鐘的深呼吸。
- 每天吃一些大豆製品，例如豆漿或豆腐。
- 改變飲食、增加服用維他命或草藥之前，要徵求醫生或營養師的意見。有些食物和草藥包含天然的雌激素，例如生的山藥、人參、含有維他命 E、維他命 B、C 和鋅的綜合維他命，都有助減緩潮熱。
- 每天至少運動 30 分鐘。
- 尋找或創設一個支援團體。

改善睡眠：

- 設法保持臥室涼爽，穿輕質衣服。
- 限制或避免服用安眠藥。
- 每天運動 30 分鐘。
- 晚上避免咖啡因或酒精。
- 睡前或夜間醒來後洗個熱水澡或淋浴。
- 睡前或醒來後吃麥片加牛奶。
- 固定作息時間，週末也如此。
- 避免太晚用餐，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.

改善情緒，緩解焦慮感：

- 作緩慢的腹式深呼吸。
- 在磁帶、DVD 或 CD 光碟的引導下，作想像練習或放鬆練習。
- 學習使用生物回饋療法。
- 避免服用鎮靜劑。
- 加入支援團體。
- 必要時，尋求心理輔導或其他幫助。

解決陰道乾燥或性問題：

- 性交時，使用潤滑劑和潤滑軟膏，緩解陰道乾燥或性交疼痛問題。水性潤滑劑不會溶解保險套的乳膠材料。
- 多瞭解其他產品 – 用途、副作用和安全使用方法。與醫生討論下列產品：
 - ▶ 雌激素軟膏，用於緩解乾燥
 - ▶ 睪丸酮軟膏，用於增強性慾
 - ▶ 恢復陰道濕潤和舒適的產品
- 穿棉製內衣。
- 每天做 Kegel 操，增強膀胱控制肌的力量。
- 性交前增加前戲和刺激，以增強自然潤滑。
- 向伴侶說明自己的身體變化和感受。

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.

減輕皮膚和頭髮乾燥程度：

- 每天使用潤膚露 2 次。不要使用含濃烈香水或酒精的潤膚露。此類潤膚露可加劇皮膚乾燥。
- 經常梳頭，抹勻頭髮的天然油脂。
- 每次洗頭時，使用潤絲精或潤髮露。
- 限制日曬時間，每天使用至少達到 45 SPF 的防曬霜。外出時戴帽子或遮著頭部。
- 限制使用導致頭髮乾燥的化學品。

停經期的治療藥物

有些藥物可緩解停經期的症狀，但是許多此類藥物有副作用。向醫生諮詢藥物的風險、優點和切合自己需求的最佳方法。

- **荷爾蒙替代療法：**
 - ▶ **雌激素**可治療停經期症狀，協助預防心臟病、中風、結腸癌、阿茲海默症和骨質疏鬆症。但是，雌激素也會增加罹患其他疾病的風險，因此未必適合某些婦女。雌激素有口服藥丸，也有貼在皮膚上的貼片。
 - ▶ **黃體素**可治療停經期症狀，並有助預防骨質疏鬆症和子宮癌。如使用黃體素，月經繼續發生或月經恢復，都是正常的。黃體素有口服藥丸，也可注射。如子宮已摘除，則無須使用黃體素。
 - ▶ **雌激素和黃體素**可同時使用。

- **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** 是降壓藥，也可緩解某些婦女的潮熱問題。此藥有口服藥丸，也有貼在皮膚上的貼片。
- **Bellergal** 有助緩解潮熱，但也會導致其他不舒適的副作用，例如口乾、視力模糊和鎮靜。
- **選擇性血清素回收抑制劑（SSRI）** 是一類治療憂鬱或焦慮的藥物。使用低劑量的某些此類藥物可協助緩解潮熱。

其他治療方法

此外，可採用其他治療方法來控制停經期的精神壓力。許多婦女試用草藥、維他命、補品。此類治療選擇對您未必安全，因此使用前須徵求醫生或藥劑師的意見。瞭解對健康的風險或好處。與其他藥物或治療方法同時使用，可能會有副作用或相互作用。

有些婦女發現冥想、按摩、針灸、體育運動和其他治療方法可緩解壓力。這些方法也可增進整體的身體和心理健康。

停經期間和停經結束後，婦女患心臟病和骨質疏鬆症的風險增加。這與荷爾蒙的變化有關。可設法降低風險，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

爲了降低心臟病和骨質疏鬆症的風險、改善總體健康狀況，應該：

- 切勿吸菸或使用菸草製品。
- 限制飲酒，每天最多一杯。
- 多吃各種蔬菜、水果和全穀物食物。
- 每天吃鈣、維他命 D 含量高的食物，或專門補充這些營養成分。
- 限食鹽、膽固醇和脂肪。
- 限制攝入咖啡因。
- 保持健康的體重。
- 每天運動 30 分鐘。散步和肌肉運動都是很好的選擇。

如果對停經期或停經期症狀的治療有任何疑問或擔心，請詢問醫生或護士。

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