

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

Maamulista Dhalmo-dayska

Dhalmo-daysku waa marxalad ka mid ah nolosha haweenka. Waxay bilaabantaa marka ay haweenayda ka joogsado imaanshaha dhiiga caadada ee bisha 12 bilood oo isku xiga.

Estrogen waa dheecaan (hormone) ay sameeyaan ukun-sideyaashu (ovaries). Mudo ah dhawr bilood oo ka horeeya dhalmo-dayska, waxay ukun-sideyaashu soo saaraan estrogen ka yar intii hore. Marka ay sii yaraato estrogen, waxa yimaada isbeddelo jirka ah iyo calaamadaha dhalmo-dayska.

Dhalmo-daysku waxa uu dhacaa:

- Isaga oo ka tirsan gabowga dabiiciga ah
- Marka ukun-sideyaasha la saaro
- Marka shucaac ama kiimo-ku-daweyn (chemotherapy) ay beddelaan ukun-sideyaasha
- Marka jirku soo saaro estrogen intii hore ka yar

Calaamadaha

Haween badan ayaa leh calaamado leh raaxo-daro. Badanaa kuwaa waa laga ladnaadaa mudo ka dib. Dhakhtarkaaga kala hadal isbeddelada jirkaaga sababta oo ah waxa jira ikhtiyaar ah daweyn iyo sababta oo ah iyada oo laga yaabo in ay jiri karaan calaamado dhibaatooyin caafimaad oo kale.

Calaamadaha ugu badan ee dhalmo-daysku waa:

- Isbeddelo ah caadada ama dhiigga bishii mar yimaada
- Gubasho ama dareen ah diirimaad iyo dhidid
- Dhibaatooyin ah hurdada
- Isbeddelo ah niyadda
- Madax-xanuun
- Dareen ah walwal

- 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

- Hoosta haweenayda oo qalasha
- Rabitaan la'aan xagga galmada ama galmada oo xanuun leh
- Maqaarka ama timaha oo qalala.

Calaamadaha Ay Tahay In Loo Sheego Dhakhtarkaaga

Haddii aad leedahay mid ka mid ah calaamadahan, wac xafiiska dhakhtarkaaga. Waxa laga yaabaa inaad u baahan tahay in lagu arko si aad u bilawdid daweyn ama si loo ogaado haddii dhibaataadu ka timi wax kale oo aan ahayn dhalmo-dayska.

- Caado ama dhiig aan wakhti joogto ah lahayn
- Dheecaan mudo dheer jira oo ka imanaya hoosta haweenayda
- Hoosta haweenayda oo cuncunta, gubata ama xajiimoota
- Kaadida oo badata ama leh gubasho
- Walwal ama diiqad saameysa hurdada, xiriirka dadka iyo shaqada

Siyaabaha Loo Maamulo Calaamadahaaga

Dhakhtarkaaga kala hadal siyaabaha loo maamulo calaamadahaaga dhalmo-dayska. Daweynnada qaarkood waxay leeyihiin waxyeelooyin ay tahay in laga fiirsado.

Si Aad Gargaar Ugu Heshid Maamulista Dareenka Gubasashada:

- Iska ilaali waxyaabaha kiciya dareenka gubashada ah sida:
 - ▶ Shucuur xoog leh
 - ▶ Dharka kugu dhagan
 - ▶ Kulaylka
 - ▶ Cuntada iyo cabitaanada leh kafeyin sida shukulaatada, kafeega, shaaha iyo cabitaanada fudud
 - ▶ Khamri
 - ▶ Cuntooyinka leh basbaas sida basbaaska dhego-yare (cayenne) ama qorfe

- 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.

- Is qabooji
 - ▶ Seexo qol qabow
 - ▶ Isticmaal marawaxado maalinimada
 - ▶ Dhar iska dul gasho. Dharka qaar saar marka ugu horeysa ee aad dareentid calaamadaha gubashada.
- U neefso si xoog leh oo tartiib ah oo aad caloosha dhaqaajinaysid si aad u nafistid. Halkii daqiiqo neefso 6 ilaa 8 jeer. Tijaabi tan mudo ah 15 daqiiqadood subixii iyo fiidkii.
- Cuntadaada ku dar cuntooyinka ah “soy” maalin kasta sida caanaha “soy” ama tofu.
- La hadal dhakhtarkaaga ama nafaqo-yaqaanka ka hor inta aadan isbeddel ku sameynin cuntadaada ama ku darin fitamiino ama geedo. Cuntooyinka iyo geedaha qaarkood sida “yam”, xididka Ginseng, fitamiinka E, fitamiinka isku jira ee leh B iyo “C Complex” iyo macdanta ‘singi’ (zinc) waxay leeyihiin illo dabiici ah oo laga helo estrogen oo kaa caawini doona yareynta dareenka gubashada ah.
- Maalin kasta samee jimicsi mudo ah 30 daqiiqadood ama ka badan.
- Hel ama bilaw koox taageero.

Si aad hurdada caawinaad ugu heshid:

- Isku day inaad is qaboojisid habeenkii. Qolka ka dhig mid qabow oo xiro dhar khafiif ah.
- Yaree ama iska ilaali kiniinka seexashada.
- Samee jimicsi mudo ah 30 daqiiqadood maalin kasta.
- Iska ilaali kafeyin ama khamri, fiidkii.
- Qaado qubeys diiran wakhtiga hurdada ama ka dib marka aad soo toostid habeenkii.
- Qaado siriyaal iyo caano wakhtiga hurdada ama ka dib marka aad soo toostid.
- Seexo oo soo toos isku wakhti maalin kasta, xiitaa maalmaha aan la shaqeynaynin.
- Iska ilaali cuntada habeenkii goor dambe iyo cuntooyin fudud oo aad qaadatid seexashada ka hor.

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.

Si aad gargaar ugu heshid isbeddelada niyadda ama dareenka walwalka ah:

- U neefso si xoog leh oo tartiib ah adiga oo dhaqaajinaya caloosha.
- Isticmaal sawiro jimicsi oo ku haga ama jimicsiyada isdabcinta ee ku jira cajalad, DVD ama CD.
- Baro inaad isticmaashid warcelinta bayoloojiga ah (biofeedback).
- Iska ilaali dawooyinka dejiyeyaasha ah (tranquilizers).
- Ku biir koox taageero.
- Raadso la-talin ama gargaar kale haddii loo baahdo.

Si aad gargaar ugu heshid qalalka hoosta haweenayda ama dhibaatooyinka galmada:

- Tijaabi subkiyeyaal iyo labeen wakhtiga galmada si ay kaaga caawiyaan qalalka hoosta ama galmada xanuunka leh. Subkiye ku saleysan biyo ma burburin doono maadada “latex” ee ku jirta cinjirka galmada (Kondomka).
- Wax ka baro alaabooyin ama maadooyin kale – ujeedooyinkooda, waxyeelooyinkooda iyo sida amaanka leh ee loo isticmaalo. Dhakhtarkaaga kala hadal alaabooyinka sida:
 - ▶ Kiriim ah estrogen oo yareysa danqashada
 - ▶ Kiriim ah testosterone oo kordhisa rabitaanka galmada
 - ▶ Alaabooyinka kaa caawinaya soo-celinta qoyanaanta hoosta haweenayda iyo raaxada
- Xidho nigis ama matante cudbi ah.
- Samee jimicsiyada Kegel maalin kasta si ay u xoogeystaan muruqyada xukuma kaadi-haysta.
- Kordhi ciyaarta ka horeysa galmada iyo dareen-kicinta si ay u korodho qoyaanka dabiiciga ah.
- Kala hadal wehelkaaga isbeddelada jirkaaga iyo dareenkaaga.

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.

Si aad caawinaad ugu heshid maqaarka iyo timaha qalalan:

- Mari kiriim maqaarka qalalan 2 jeer maalin kasta. Ha isticmaalin kiriim leh cadar adag ama aalkolo. Waxay keeni karaan qalal dheeraad ah.
- Feedh ama shanlee timahaaga marrar intii hore ka badan, si ay u kala fidaan saliidaha dabiiciga ah ee timahaaga.
- Isticmaal timo hagaajiye (conditioner) ama qalal-bii'iye (moisturizer) wakhti kasta oo aad dhaqdid timahaaga.
- Yaree wakhtiga aad joogtid qorraxda oo isticmaal gaashaan-qorrax (sunscreen) oo leh ugu yaraan 45 SPF maalin kasta. Xiro koofiyad ama masar/safaleeti.
- Yaree kiimikooyinka qalajinaya timahaaga.

Dawooyinka Dhalmo-dayska

Waxa jira dawooyin caawinaad ka geysan kara calaamadaha dhalmo-dayska laakiin leh waxyeelo badan. Dhakhtarkaaga kala hadal halista, faa'iidooyinka iyo ikhtiyaarka ugu fiican marka la eego baahiyahaaga gaarka ah.

- **Daweynta ah Siinta Hormoon (Hormone Replacement Therapy):**
 - ▶ **Estrogen** waxay daweyn kartaa calaamadaha dhalmo-dayska, waxana ay caawinaad ka geysataa ka-hortagga cudur wadnaha ah, faaligga, kansarka malawadka, cudurka Alzheimer iyo lafo-khafiifsanka (osteoporosis). Waxa kale oo ay kordhin kartaa halista cuduro kale sidaa daraadeed waxa laga yaabaa in aanay doorasho fiican u ahayn haweenka qaarkood. Estrogen waxa lagu keenaa qaab ah kiniin ama dhejis aad ku dhejinaysid maqaarkaaga.
 - ▶ **Progestin** waxay daweyn kartaa calaamadaha dhalmo-dayska waxana ay gargaar ka geysan kartaa ka-hortagga lumista lafta, ee loo yaqaano lafo-khafiifsanka iyo kansarka ilmo-galeenka. Marka aad qaadanaysid progestin waxa caadi ah inay kuu sii socoto ama kuu bilaabanto helista caadada. Progestin waxa ku timaadaa qaab ah kiniin ama mudis. Haddii lagaa saaray ilmo-galeenka, uma baahnid inaad qaadatid progestin.
 - ▶ **Estrogen iyo Progestin** wada-jir ayaa loo qaadan karaa.

- **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** waa dawo loo isticmaalo in lagu daweyo cadaadiska dhiigga ee sareeya ama dhiig-karka laakiin waxa kale oo ay haweenka qaarkood ka caawin kartaa dareenka gubashada oo ay ka nafisaan. Waxay ku timaadaa qaab ah kiniin ama iyada oo ah dhejis lagu dhejinayo maqaarkaaga.
- **Bellergal** waxay keentaa in laga nafiso dareenka gubashada ah laakiin waxay sababi kartaa waxyeelooyin kale oo aan raaxo lahayn sida af qalalan, arag isku darsan iyo hurdo.
- **Selective Serotonin Reuptake Inhibitors (SSRI)** waa koox dawooyin oo lagu daweyo diiqada ama walwalka. Marka qadarkoodu yar yahay, qaar ka mid ah dawooyinka kooxdan ayaa la arkay in ay caawinaad ka geystaan yareynta dareenka gubashada ah.

Dawooyin Kale

Waxa laga yaabaa inaad ka faa'iidayd sidid daweyn kale oo lagu maamulayo dhibka dhalmo-dayska. Haween badan ayaa tijaabiya geedo, fitamiino ama noocyo cunto. La hadal dhakhtarkaaga ama farmasiilaha ka hor inta aadan qaadan qaar kuwaa ka mid ah sababta oo ah waxa dhici karta in aanay ammaan kuu ahayn. Baro halista ama faa'iidooyinka ay u yeelan karaan caafimaadkaaga. Waxa laga yaabaa inay jiraan saameynno ama falgallo imanaya marka aad kuwaa la isticmaashid dawooyinkaaga ama daweynnadaada kale.

Haweenka qaarkood waxay nafisaad ka helaan cibaadeysiga, duug-duuga/riix-riixida, irbadaha shiinaha, jimicsiga iyo daweynno kale. Waxa laga yaabaa in kuwaasi caawiyaan caafimaadka guud iyo wacnaanta.

Inta ay ku jiraan dhalmo-dayska iyo ka dib, waxay haweenku halis dheeraad ah u yihiin cudurka wadnaha iyo lafo-khafiifsan. Waxay tani la xiriirtaa isbeddelada xagga dheecaanada ama hormoonada. Waxa aad qaadi kartaa talaabooyin aad ku yareynaysid halistaada iyo kuwo aad caafimaad ku helaysid.

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.

Caafimaadkaaga

Si aad u yareysid halistaada cudur wadnaha ah iyo lafo-khafiifsanka oo aad u hagaajisid caafimaadkaaga guud:

- Ha cabin sigaar ama ha isticmaalin waxyaabaha ka sameyn tubaakada.
- Khamriga ha dhaafin 1 cabitaan maalin kasta.
- Cun noocyo kala duwan oo ah cagaar, khudaar iyo xabuublay aan qolofa laga saarin.
- Cun cuntooyin uu ku badan yahay kaalsiyam, fitamiin D ama qaado iyaga oo gooni ah.
- Yaree milixda/cusbada, kolesteroolka iyo dufanka ku jira cuntadaada.
- Yaree kafeyinta.
- Miisaankaagu ha ahaado mid caafimaad leh.
- Maalin kasta samee jimicsi ah 30 daqiiqadood. Socodka iyo dhisidda muruqyada ayaa ah doorasho fician.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac ku saabsan dhalmo-dayska ama daweynta calaamadahaaga.

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