

应对更年期

Managing Menopause

About menopause

Menopause is reached when a woman stops having monthly periods for 12 months in a row. It happens as a natural part of aging, but can also occur when less estrogen is being made by the ovaries due to treatments, such as surgery, radiation therapy, or chemotherapy.

Estrogen is a hormone made by the ovaries. When less estrogen is made, signs of menopause can occur. The signs vary and can be uncomfortable, but often improve over time. Talk about your body's changes with your health care provider. Discuss treatments that may be best for you to manage your signs of menopause.

Signs of menopause

Let your doctor know about any changes you are having. These signs may be part of menopause, but they may also be signs of other health problems.

Common signs of menopause include:

- Changes in periods or menstrual cycles
- Hot flashes or warm flush feeling and sweating
- Problems sleeping
- Mood changes
- Headaches
- Feeling anxious
- Vaginal dryness
- Lack of sex drive or painful intercourse
- Dryness of the skin or hair

关于更年期

女性连续12个月无月经，即标志着进入更年期。这是衰老的自然组成部分之一，但在卵巢因外科手术、放疗或化疗而减少雌激素分泌时也可能发生。

雌激素是卵巢分泌的一种激素。当雌激素分泌减少时，就可能出现更年期的症状。这些症状因人而异，可能引起不适，但通常会逐渐好转。请与您的医疗服务提供者讨论身体的变化。讨论对于应对更年期症状可能最有效的治疗手段。

更年期症状

让医生知道您正经历的任何变化。这些症状可能是更年期的组成部分，但也可能预示着其他健康问题。

更年期的常见症状包括：

- 月经周期改变
- 潮热，或感到身体阵阵发热和出汗
- 睡眠问题
- 情绪改变
- 头痛
- 焦虑
- 阴道干燥
- 性欲冷淡或性交疼痛
- 皮肤或头发干燥

What you can do to help symptoms

To help with hot flashes

- Wear absorbent, cotton clothing and dress in layers. Remove pieces of clothing at the first sign of flush.
- Avoid wearing tight clothing.
- Keep room temperature at a lower setting.
- Use fans to circulate air.
- Avoid hot baths or showers.
- Reduce the amount of caffeine you consume. Caffeine is in coffee, tea, colas, and chocolate.
- Avoid spicy foods and eat lighter meals when it is hot outside.
- Reduce how much alcohol you drink, especially red and white wines.
- Exercise each day for at least 30 minutes.
- Reduce stress. Use relaxation techniques, such as yoga, meditation, and massage.
- Avoid smoking.
- Talk to your doctor about the use of herbs and dietary supplements.
- Check with your doctor or pharmacist before using soy products, black cohosh, dong quai, ginseng, or others. They can help you weigh the risks and benefits for your health. There may be possible interactions with other treatments.

您如何能缓解症状

应对潮热

- 穿着多层吸汗的棉质衣物。一旦出现潮热症状，脱去一些衣服。
- 避免穿着紧身服装。
- 将室温保持在略低的水平。
- 用风扇促进空气流通。
- 避免热水泡澡或淋浴。
- 减少咖啡因摄入量。咖啡、茶、可乐和巧克力都含有咖啡因。
- 避免辛辣食物，当户外炎热时注意清淡饮食。
- 减少饮酒，尤其是红葡萄酒和白葡萄酒。
- 每天锻炼至少30分钟。
- 减少压力。利用放松技巧，如瑜伽、冥想和按摩。
- 避免吸烟。
- 与医生讨论草药和膳食补充剂的使用。
- 在食用豆制品、黑升麻、当归、人参或其他食品前咨询医生或药剂师。他们可帮助您权衡对健康的风险和益处。可能与其他治疗发生相互作用。

- Discuss use of medicines with your doctor. Your doctor may recommend dietary supplements or nonprescription medicines, such as Vitamin B complex, Vitamin E, ibuprofen, or prescription medicines such as:
 - Hormone Replacement Therapy (HRT). For moderate to severe hot flashes, your doctor may recommend short term (less than 5 years) use of HRT if you do not have other health problems. HRT contain estrogen and sometimes progestin.
 - Antidepressants, such as sertraline (Zoloft), venlafaxine (Effexor), and paroxetine (Paxil).
 - Blood pressure medicine, such as clonidine (Catapres).
 - Birth control pills.
 - Anti-seizure medicine, such as gabapentin (Neurontin, Gabarone).

Many of these medicines are used for other health reasons, but may reduce hot flashes. Often, these medicines are begun in small doses and are then increased over time to control your signs.

To help with sleep

- Keep a regular sleep schedule. Go to bed and wake up at the same time each day, even on weekends.
- Keep the room cool and wear lightweight clothes.
- Try a warm bath or shower at bedtime or after waking up at night.
- Exercise regularly.
- Do not rely on sleeping pills. They can disrupt restful sleeping patterns.
- Avoid products with caffeine or alcohol in the evening.

- 与医生讨论药物的使用。医生可能推荐膳食补充剂或非处方药，如复合维生素B、维生素E、布洛芬，或者可能推荐处方药，例如：
 - 激素替代疗法（HRT）。对于中到重度的潮热，在您没有其他健康问题的情况下，医生可能建议短期（5年以内）使用HRT。HRT含有雌激素，有时含有孕激素。
 - 抗抑郁药，如舍曲林（Zoloft）、文拉法辛（Effexor）和帕罗西汀（Paxil）。
 - 降压药，如可乐定（Catapres）。
 - 避孕药。
 - 抗癫痫药，如加巴喷丁（Neurontin、Gabarone）。

这些药物很多是因其他原因而使用，但有可能减少潮热。这些药物通常最初从小剂量开始使用，随时间逐渐增加，以控制症状。

改善睡眠

- 保持有规律的作息时间表。固定作息时时间，周末也如此。
- 保持室内凉爽，穿着轻质衣物。
- 睡前或夜间醒来后尝试热水泡澡或淋浴。
- 定期锻炼。
- 不要依赖安眠药。可能干扰有效的睡眠习惯。
- 晚上避免食用含咖啡因或酒精的产品。

- Try cereal and milk at bedtime or after waking.
- Avoid late meals and filling snacks.

To help your moods or anxious feelings

- Talk with your doctor about your feelings, moods, and frustrations.
- Discuss treatments, such as antidepressants.
- Join a support group or seek counseling if needed.
- Keep involved with social and family activities that you enjoy.
- Reduce stress. Practice deep, slow abdominal breathing for relaxation.
- Focus on 1 or 2 tasks at a time. Set realistic goals. Avoid multiple, conflicting tasks.
- Exercise regularly.

To help with vaginal dryness or sexual problems

- There are products available to help with vaginal dryness or with painful intercourse:
 - Water-based lubricants, such as Astroglide or K-Y relieve vaginal dryness during intercourse.
 - Moisturizers, such as Replens or Lubrin restore vaginal moisture and comfort.
 - Vaginal estrogen therapy, such as estrogen cream, estrogen ring, and estrogen tablet relieve vaginal dryness. Talk to your doctor to see if estrogen can be safely prescribed for you.
 - Testosterone creams can be used to increase sex drive.

- 睡前或醒来后吃麦片加牛奶。
- 避免夜宵和零食。

改善情绪或缓解焦虑感

- 与医生讨论您的感受、情绪和挫折。
- 讨论治疗手段，如抗抑郁药。
- 必要时参加互助团体或寻求心理咨询。
- 坚持参加您喜欢的社交和家庭活动。
- 减少压力。深入、缓慢地进行腹式呼吸，以产生放松效果。
- 每次专注于1到2项任务。设定符合实际的目标。避免数目繁多、自相矛盾的任务。
- 定期锻炼。

解决阴道干燥或性问题

- 多种产品可帮助解决阴道干燥或性交疼痛：
 - 水基润滑剂（如Astroglide或K-Y）可缓解性交期间的阴道干燥。
 - 保湿剂（如Replens或Lubrin）可恢复阴道湿度和舒适度。
 - 阴道雌激素疗法（如雌激素软膏、雌激素环和雌二醇片）可缓解阴道干燥。与医生讨论，了解雌激素对于您是否安全。
 - 睾丸酮软膏可用于增强性欲。

- When you have sex, increase foreplay time. This helps boost natural lubrication.
- Avoid using douches, feminine hygiene sprays, lotions, soaps, and bubble baths that may irritate your vagina.
- Kegel exercises may help to strengthen the muscles that control the bladder.
- Communication with your partner is very important.
- 性交时增加前戏时间。这有助于增强自然润滑效果。
- 避免使用可能刺激阴道的灌洗器、女用卫生喷雾、洗剂、肥皂和泡沫浴液。
- 凯格尔健肌法（Kegel）可帮助增强膀胱控制肌的力量。
- 与您的伴侣沟通非常重要。

To help with dry skin and hair

It is normal as estrogen decreases for the body to produce less oil for the skin and hair.

- Use lotion on dry skin two times each day. Do not use lotions with heavy perfumes or alcohol. They can cause more drying.
- Limit your time in the sun. For your skin, use sunscreen with 30 or 45 SPF and reapply as directed. Wear a hat or head covering.
- Brush your hair more often. This helps spread your hair's natural oils from the root of the hair to the tip.
- Wash hair less often. When washing, use a conditioner each time.
- Limit use of hair coloring, straightening or permanent waves. These chemicals can dry your hair.

减轻皮肤和头发干燥

随着体内雌激素分泌减少，皮肤和头发的油分会相应减少。

- 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。
- 减少日照时间。对于皮肤，使用30或45 SPF的防晒霜，并根据说明反复使用。外出时戴帽子或遮住头部。
- 增加梳头频率。这有助于使头发上天然分泌的油分从发根覆盖到发尖。
- 降低洗头频率。每次洗头时使用护发素。
- 限制使用染发剂、直发剂或永久性卷发剂。这些化学品可能使头发干燥。

Lower your risk of heart disease and osteoporosis

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.

To prevent heart disease

- Stop using tobacco products, such as cigarettes. Ask your doctor for help to quit tobacco.
- Limit alcohol to one drink per day.
- Eat a wide variety of vegetables, fruits, and whole grains.
- Limit salt, saturated fat, and cholesterol in your diet.
- Control your weight. Extra weight means your heart has to work harder.
- Exercise regularly.

To prevent osteoporosis

- Have a bone densitometry test to check your bones before menopause.
- This gives a baseline measurement. Then, have periodic follow-up scans to recheck bone density or treatment progress.
- Increase weight-bearing exercise. For example, walk 2 to 3 miles a day, 4 to 5 times each week.

降低心脏病发作和骨质疏松症的风险

更年期期间和更年期结束后，女性患心脏病和骨质疏松症的风险增加。这与激素的变化有关。您可设法降低风险，保持健康。

预防心脏病

- 停止使用烟草制品，如香烟。就戒烟向医生求助。
- 限制饮酒，每天最多一杯。
- 多吃各种蔬菜、水果和全谷物食物。
- 限食盐、饱和脂肪和胆固醇。
- 控制体重。超重意味着心脏负荷增大。
- 定期锻炼。

预防骨质疏松症

- 在更年期之前进行骨密度检测，以检查骨骼状况。
- 这样可提供基础的测量值。然后定期接受随访扫描，以反复测定骨密度或了解治疗进展。
- 增加负重锻炼。例如，每天步行2至3英里，每周4至5次。

- Get enough calcium in your diet. Women ages 50 and under need 1,000 milligrams (mg) each day. Women over 50 and postmenopausal women not on HRT need 1,200 mg each day.
 - Foods high in calcium include milk, yogurt, cheese, calcium-fortified cereals, orange juice and tofu, broccoli, spinach, collard greens, soy milk, and fish with bones (canned salmon, sardines).
 - Talk to your doctor about taking a calcium supplement. The best calcium supplements are those that contain vitamin D since your body needs vitamin D to use calcium. Your doctor may recommend taking 1,000 mg or more of calcium per day in divided doses. Talk to your doctor about taking a vitamin D supplement if your exposure to sunlight is low.
- If you have thinning bones, avoid dangerous physical activities and try to prevent falls. Remove loose throw rugs that might cause you to trip and fall at home.
- Avoid use of tobacco products.
- If needed, talk to your doctor about medicines that can help your bone health.
- 在饮食中摄入足量的钙。50岁及以下的女性每天需要1,000毫克（mg）。50岁以上和绝经且未使用HRT的女性每天需要1,200毫克。
 - 含钙量高的食物包括牛奶、酸奶、奶酪、高钙谷物、橙汁和豆腐、西兰花、菠菜、羽衣甘蓝、豆奶和带骨鱼类（罐装鲑鱼、沙丁鱼）。
 - 与医生讨论服用钙补充剂。最好的钙补充剂含有维生素D，因为您的身体需要维生素D来吸收钙质。医生可能建议每天分多次服用1,000 mg或更多的钙。如果您日照时间较短，请与医生讨论服用维生素D补充剂。
- 如果您骨骼变薄，请避免危险的体力活动，并尽量避免跌倒。拆除家中可能导致您绊倒和跌倒的松散地毯。
- 避免使用烟草制品。
- 如有需要，与医生讨论有助于骨骼健康的药物。