

應對更年期

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

關於更年期

婦女連續停經達 12 個月，即步入更年期。這乃正常的衰老現象，不過，當手術、放射治療或化學治療導致卵巢雌激素分泌減少時，也可能發生。

雌激素是卵巢分泌的一種荷爾蒙。雌激素分泌減少時，就可能出現更年期的症狀。症狀因人而異，可能導致不適，但通常會逐漸改善。向醫護人員諮詢身體的變化。討論控制更年期症狀的最佳治療方法。

更年期症狀

讓醫生知曉您正在經歷的變化。這些症狀可能歸因於更年期，但也可能是其他健康問題所致。

常見更年期症狀包括：

- 月經或經期變化
- 潮熱或身體感到陣陣發熱及出汗
- 睡眠問題
- 心情變化
- 頭痛
- 焦慮感
- 陰道乾澀
- 缺乏性慾或性交疼痛
- 皮膚或頭髮乾燥

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.

症狀的緩解方式

應對潮熱

- 穿著多層吸汗的棉質衣物。一有潮熱症狀，立即脫下部分衣物。
- 避免穿著緊身衣物。
- 保持較低的室溫環境。
- 使用電風扇促進空氣流通。
- 避免以熱水泡澡或淋浴。
- 減少咖啡因的攝入。咖啡、茶、可樂、巧克力都含有咖啡因。
- 避免辛辣食物，氣候炎熱時，飲食要清淡。
- 減少飲酒量，特別是紅葡萄酒和白葡萄酒。
- 每天至少運動 30 分鐘。
- 減少壓力。運用放鬆技巧，如瑜珈、冥想和按摩。
- 戒菸。
- 向醫生諮詢草本與膳食補充品的使用。
- 使用大豆製品、黑升麻、當歸、人蔘等食物之前，請諮詢醫師或藥師。他們會幫助您權衡所產生的健康利弊。可能與其他治療發生相互作用。

- 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).
- 與醫生討論藥物的使用。醫生可能會建議膳食補充品或非處方藥，如維生素 B 群、維生素 E、布洛芬，或如下處方藥：
 - 荷爾蒙替代療法 (HRT)。對於中度到重度潮熱，如未併發其他健康問題，醫生可能會建議短期 (5 年內) 施以 HRT。HRT 包含雌激素，有時含有孕激素。
 - 抗鬱劑，如 sertraline (Zoloft)、venlafaxine (Effexor)、和 paroxetine (Paxil)。
 - 降壓藥物，如 clonidine (Catapres)。
 - 避孕藥。
 - 抗癲癇藥物，有 gabapentin (Neurontin, Gabarone)。

許多這類藥物是用作其他醫療用途，但可用來減輕潮熱。通常來說，這些藥物先以小劑量開始，然後逐漸增加，以控制您的症狀。

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

改善睡眠

- 保持規律的睡眠作息。每天在固定時間就寢與起床，週末亦然。
- 保持房間涼爽，穿著輕質衣物。
- 就寢前或半夜醒來後以溫水泡澡或淋浴。
- 規律運動。
- 切忌依賴安眠藥。作息規律反而可能因此被擾亂。
- 晚上避免食用含咖啡因或酒精的食品。
- 就寢前或醒來後，喝麥片和牛奶。
- 避免夜宵及零食充飢。

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.
- 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.

改善心情或焦慮感

- 與醫生談談您的感受、心情和挫折。
- 討論治療方式，如抗鬱劑。
- 視需要，參加互助團體，或求助心理諮詢。
- 堅持參加您喜歡的社交及家庭活動。
- 減少壓力。進行深沉、緩慢的腹式呼吸來放鬆。
- 每次專心 1 或 2 項任務。設定實際可行的目標。規避繁多、衝突的任務。
- 規律運動。

解決陰道乾澀或性問題

- 對於陰道乾澀或性交疼痛，有多種產品可對症下藥：
 - 水性潤滑液，如 Astroglide 或 K-Y，能減輕性交過程的陰道乾澀。
 - 潤膚劑，如 Replens 或 Lubrin，能恢復陰道濕度及舒適度。
 - 陰道雌激素療法，如雌激素乳膏、雌激素環、雌激素藥片，能減輕陰道乾澀。向醫生諮詢，瞭解雌激素對您是否安全。
 - 睪固酮乳膏能用於增強性慾。
- 增加性交的前戲時間。此舉有助於增強自然潤滑效果。
- 避免使用可能有刺激陰道之虞的灌洗器、女性衛生噴劑、洗滌藥水和泡泡浴劑。

- Kegel exercises may help to strengthen the muscles that control the bladder.
- Communication with your partner is very important.

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.

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.

- 凱格爾 (Kegel) 提肛運動可能有助於強化控制膀胱的肌肉。
- 性伴侶彼此間的交流表達非常重要。

減輕皮膚及頭髮乾燥

隨著體內雌激素分泌減少，皮膚或頭髮油脂也會相應減少。

- 每天搽 2 次潤膚乳液。勿選用含濃烈香水或酒精的乳液。此類乳液可能使皮膚更乾燥。
- 限制日照的時間。為護膚起見，選用 SPF 30 或 45 的防曬乳，並依指示重複塗抹。頭戴帽子或遮蓋頭部。
- 勤於梳頭。此舉有助於將頭皮自然分泌的油脂均勻分散至髮梢。
- 減少洗頭頻率。每次洗頭後用護髮乳。
- 限制染髮、燙直或燙捲的次數。這些化學物質可能令頭髮乾燥。

降低心臟病變與骨質疏鬆症的風險

更年期期間及結束後，婦女罹患心臟病變與骨質疏鬆症的風險提高。這與荷爾蒙變化有關。您可採取措施降低風險，保持健康。

防範心臟病變

- 停用菸草製品，如香菸。就戒菸求助醫生。
- 飲酒上限是一天一杯。

- 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.
- Get enough calcium in your diet. Women ages 50 and under need 1,000 milligrams (mg) each day. Women over 50 and post-menopausal 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.

- 多吃各種蔬果及全穀類食物。
- 限制鹽分、飽和脂肪與膽固醇的攝取。
- 控制體重。超重表示心臟的負荷增加。
- 規律運動。

預防骨質疏鬆症

- 更年期之前進行骨質密度檢測以檢查骨骼狀況。
- 這樣可提供基準測量值。然後，定期隨訪掃描，反復測定骨質密度或瞭解治療進度。
- 增加負重鍛煉。例如，每天步行 3 至 5 公里，每週 4 至 5 次。
- 攝取足量的鈣質。婦女年齡為 50 歲或以下者，每天需 1,000 毫克 (mg)。婦女年齡逾 50 歲或停經，未接受荷爾蒙補充治療法 (HRT) 者，每天需 1,200 毫克。
 - 鈣質含量高的食物包括牛奶、優格、芝士、鈣質強化麥片、柳橙汁與豆腐、綠花椰菜、菠菜、羽衣甘藍、豆漿與帶骨魚肉 (鮭魚、沙丁魚罐頭)。
 - 向醫生諮詢鈣質補充品的使用。最佳的鈣質補充品含有維生素 D，因為身體需要維生素 D 來吸收鈣質。醫生可能建議每天分次服用 1,000 mg 或更高的劑量。少受日照者，請向醫生諮詢維生素 D 補充品的使用。

- 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.
- 正在流失骨質者，避免從事危險體力活動，且盡量避免跌倒。移除家中可能致使絆倒或跌倒的鬆脫踏墊。
- 避免使用菸草製品。
- 如有需要，請向醫生諮詢有助於骨骼健康的藥物。