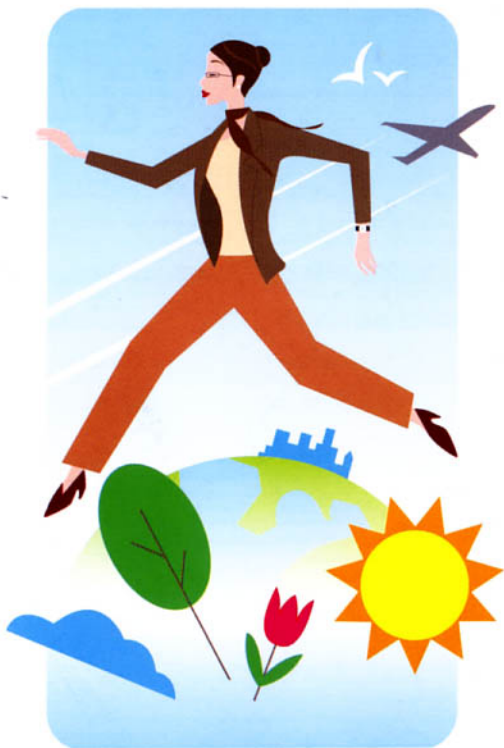


# 女性更年期

Dealing with Menopause



衛生署家庭健康服務  
Family Health Service  
Department of Health

## What is Menopause?

Menopause is the stopping of menstruation. Around this period, the secretion of female hormones decreases gradually, leading to infertility and certain physiological and psychological changes. These changes usually occur in their 40s. The median age of menopause in Hong Kong women is 51, but the actual age of menopause varies.

## The physiological and psychological changes around menopause

### Physiological changes

#### 1. Hot flushes

Because of vasodilatation, women may experience a sudden hot feeling, which can spread from the chest to the neck and face. It can last for a few minutes and is usually accompanied with sweating all over the body.

#### 2. Palpitation.

#### 3. Excessive sweating, especially during hot flushes.

#### 4. Headache, dizziness, fatigue, insomnia.

#### 5. Irregular menstruation

Menstruation can become irregular before actual menopause. If women notice that they have prolonged and heavy menstrual period or postmenopausal vaginal bleeding, they should seek medical advice.

## 6. Vaginal dryness

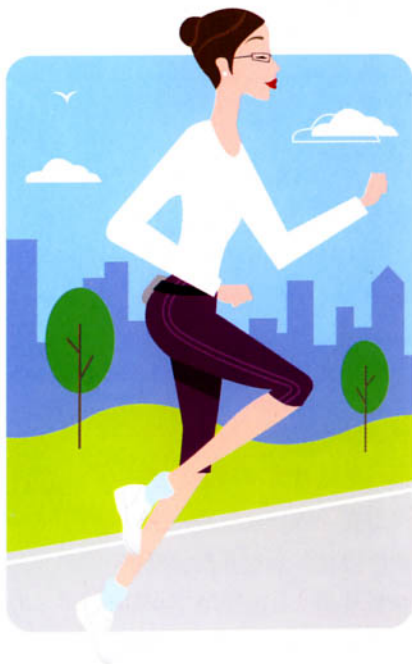
Decreased vaginal secretion, vaginal atrophy and decreased elasticity of the vagina can sometimes cause pain during sexual intercourse.

## 7. Osteoporosis

A reduction in the secretion of hormones, especially estrogen, speeds up the loss of calcium in the body, causing bones to become porous and brittle.

## Psychological changes

Some women undergoing menopause experience depression, irritability, anxiety, emotional fluctuations or loss of confidence. Some may suffer from deterioration of memory or difficulty in concentrating.



## Be positive towards menopause

Menopause is a normal and natural stage in a woman's life. It is only a temporary phase and is not an illness. Everything will return to normal once a "new" hormonal balance is regained.

The following points may help you to deal with the physiological and psychological changes during this period:



## In order to deal with physiological changes

1. Use vaginal jelly to reduce discomfort during sexual intercourse.
2. Maintain a healthy lifestyle in order to reduce the risk of osteoporosis, coronary heart disease and other health problems.
3. Take a balanced diet. Eat more fruits and vegetables and foods with high calcium content, such as beans, soya bean products, fish and dairy products.



4. Avoid smoking, drinking alcohol and beverages containing caffeine.
5. Do moderate exercise regularly.  
Examples include walking and jogging.
6. Get plenty of rest.
7. For women with severe menopausal symptoms, doctor will prescribe hormone replacement therapy based on individual needs.
8. If there is abnormal postmenopausal vaginal bleeding, consult the doctor promptly.



### **In order to deal with psychological changes**

1. Be cheerful and positive.
2. Share your feelings and experience with friends.
3. Enrich your social life and join more outdoor activities.
4. Continue to learn and work.

For more health information, please call our 24-hour health education hotline (Cantonese, English and Putonghua) at 2833 0111 or visit the website of the Family Health Service of the Department of Health at <http://www.fhs.gov.hk>