

How can I manage my menopause symptoms?

It's World Menopause Day on 18 October and the theme for 2024 is Hormone Replacement Therapy (HRT).

Although the theme this year is HRT, it is important to remember there are many ways to manage menopause symptoms and support this transition.

Everyone is different so every individual needs to be able to choose the right approach for them.

Here are some of the different ways to manage menopause symptoms:

Lifestyle Changes

- **Regular aerobic exercise** like running and swimming may help, as well as restorative exercise such as yoga and research shows strength exercise is important for long-term health
- Reducing intake of **caffeine and alcohol** may also help to reduce hot flushes and night sweats

Medical Treatments

- **Hormone Replacement Therapy (HRT)** is a common treatment that involves using oestrogen to replace the body's own levels around the time of menopause. If you have a womb, you also need to take progesterone
- **Low-dose antidepressants** such as fluoxetine, paroxetine and sertraline may control mood swings and hot flushes
- **Anticonvulsants** like gabapentin can help reduce extreme hot flashes
- **Testosterone gel or cream** might be offered if HRT does not improve low sex drive
- **Oestrogen treatments** for vaginal dryness and discomfort can be prescribed

Self-Care Practices

- A **healthy diet** rich in calcium and protein can ease symptoms. Include fish, broccoli, legumes, red meat, poultry, eggs, leafy green vegetables, nuts and whole grains
- **Stay hydrated** by drinking plenty of water and eat plenty of fruits and vegetables

- **Avoid** high-fat foods, limit sugar and salt intake and avoid or reduce caffeine and alcohol consumption
- **Restorative practices** such as yoga, mindfulness and meditation

Cognitive and Emotional Support

- **Cognitive Behavioural Therapy (CBT)** can help with low mood and feelings of anxiety, as well as sleep problems

It's important to consult with a healthcare provider before starting any new treatment or therapy to ensure it's appropriate for your individual situation. They can provide personalised advice and support throughout the process.

How we're supporting menopause in our workplace

Since 2021 we have celebrated World Menopause Day and provided training for line managers and colleagues to increase awareness and provide support for menopause. Along with this there is menopause [guidance](#) and resources on a [menopause webpage](#) that provide a framework for support. There are regular informal cafés and webinars, and a [Teams Hub](#) where colleagues have the opportunity in a safe space to talk about their menopause experiences and provide support to others. Locally, there are [Menopause Champions](#) in each Faculty/Directorate who are listening ears and can signpost to resources.

Further Resources:

<https://www.nice.org.uk/guidance/ng23>

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/treatment-for-symptoms-of-the-menopause/>

[Women's health concern – Cognitive Behavioural Therapy for menopause factsheet](#)

[Women's health concern – Complementary and alternative therapies for managing menopause factsheet](#)

[Women's health concern – HRT factsheet](#)