

Understanding the menopause

Useful steps to ensure the menopause doesn't limit your life

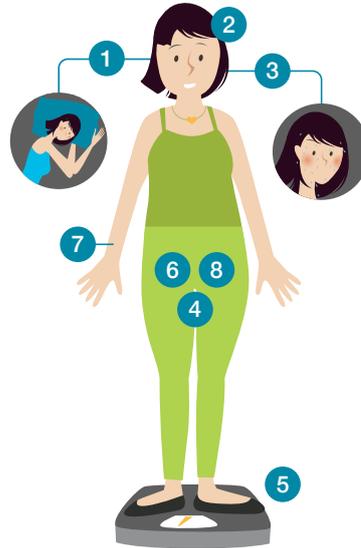
What are the common symptoms?

1 Sleep disturbances

2 Depression and mood swings

3 Hot flushes

4 Urinary tract infections



5 Weight gain

6 Loss of libido

7 Ageing of the skin

8 Vaginal dryness and pain with intercourse

Alleviating your symptoms

Diet

Keep it **low** in saturated fat and salt to reduce blood pressure, and rich in calcium and vitamin D to **strengthen bones**. Some women take dietary supplements to help get the balance right¹.



Exercise

Regular exercise helps to **reduce stress** while guarding against heart disease. A regular, varied programme is best - try cycling, swimming, running or aerobics¹.



Stop smoking

Smoking has been shown to **lead to an earlier menopause** and trigger hot flushes. If you smoke you also run a higher risk of developing osteoporosis and Coronary Heart Disease (CHD), which may put your health at risk¹.



Alcohol

The combination of excessive alcohol and hormonal instability is a risky one. Alcohol increases blood pressure and can be responsible for heart disease, to which the menopausal body is particularly vulnerable! Try **not to drink more than 3 units** of alcohol per day, and keep at least one day a week alcohol-free¹.



Complementary therapies

These are alternatives to Hormone Replacement Therapy (HRT) which may be useful for women with **pre-existing or a family history of certain medical conditions** in whom HRT is not recommended.



What about Hormone Replacement Therapy (HRT)?

“HRT - a highly successful treatment for common symptoms of menopause”ⁱⁱ

HRT can **help with common symptoms** of menopause such as hot flushes, sweats and low moodⁱⁱ.

HRT treatments also have **long-term benefits**, for example the risk of fragility fracture while taking HRT is reduced. There were **23 fewer** cases of fragility fracture amongst women taking HRT compared with no HRT or placeboⁱⁱ.

Not all HRT treatments are the same - it's important to discuss the treatment options available with your GP, including the benefits and safety profiles of each, to ensure you receive a tailored treatment.



NICE guidance

In November 2015, NICE published **new guidelines** on menopause, the first guidelines in the EU in the therapy area for **over 10 years**.

The guidelines encourage Healthcare Professionals to offer women support, information and to **encourage** women to **discuss** their symptoms and needs.

The guidelines also **clarify the safety profiles** of different HRT treatments.

Oestrogen-only HRT causes little or no change in the risk of breast cancer. HRT that contains oestrogen and progestogen may increase breast cancer risk. This risk may be higher if you take HRT for longer but falls again when you stop taking HRTⁱⁱⁱ.

HRT does not increase cardiovascular disease risk when started in women younger than 60 yearsⁱⁱ and is not associated with an increased risk of type 2 diabetesⁱⁱ.



So what next?

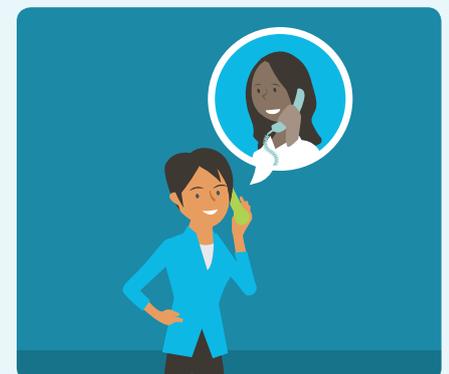
It's important that you feel **confident and comfortable** in your treatment decisions. If in doubt, ask your GP / healthcare professional for more information.

Mylan is working to provide 7 billion people around the world with access to high-quality medicine, and their dedication to providing access to medicine continues to grow after more than 50 years.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of these medicines.

This resource is to be used by healthcare professionals to share with their patients



References

i Women's Health Concern Menopause factsheet, November 2012, accessible here: <http://www.womens-health-concern.org/help-and-advice/factsheets/menopause/>

ii NICE full guidance on Menopause Diagnosis and Management. November 2015. Available at: <http://www.nice.org.uk/guidance/ng23/resources/menopause-diagnosis-and-management-1837330217413> p.24

iii NICE full guidance on Menopause Diagnosis and Management. Information for the public. November 2015. Available at: <https://www.nice.org.uk/guidance/NG23/informationforpublic>

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