In our own words – women talk about the menopause

Lời nói của chính chúng ta, phụ nữ nói về thời kỳ mãn kinh.

我們的心聲 — 婦女們談論更年期。
Women's Health is a national charity, which provides independent health information to enable women to make informed decisions about their health and well being.

We aim to:

- Ensure that health information is available to all women, particularly those who have difficulty accessing information.
- Provide this information in a confidential, supportive and non-judgmental way.
- Focus on women's gynaecological and sexual health issues not covered by other groups.
- Build creative partnerships with organisations that work with women from local communities.
- Support self-help and the sharing of experiences among women and affirm women's own experiences.
- Promote women's right to health information and choice.
- Reflect the experiences of women from a range of diverse cultures and backgrounds.

We do this through:

- A national helpline and health enquiry service, health information leaflets and a reference library.
- Carrying out original research into the availability and provision of health information on specific health topics.
- Assessing the health needs of different groups of women.
- Focusing on activities which meet the needs of disadvantaged groups.
- Working in partnership with voluntary organisations and statutory agencies and organisations.
- Supporting and developing self-help networks.
- Participating in consultative health forums and panels run by statutory and non-statutory bodies to promote consumer/patient needs.
This booklet is based on the words of women who took part in the Women’s Health Mowing On Project, a community-based self-help project. Mowing On encouraged women to share with one another their experiences of the menopause and related health issues.

In our own words - women talk about the menopause brings together women’s personal experiences of middle changes. It is an expression of women’s thoughts and feelings about the menopause.

The words in this booklet have come directly from the women who took part in the project.

We wish to thank all the women from the Nisa Prayer group, the Vietnamese and Cantonese women who attended the workshop at Women’s Health and Family Services and the individual women who were interviewed. Your generous participation and sharing of your experiences and knowledge made this collaboration a very beautiful process.
"Now that my periods have stopped, I can take part in prayers throughout the month which is great. Al-hamd o lillah"
The menopause is a time of significant hormonal change, when a woman's monthly periods and fertility come to an end. For many women this time is also marked by physical and emotional changes such as hot flushes, mood swings and tiredness.

Most women experience the menopause between the ages of 45 – 55, but each woman is unique and you may experience the menopause earlier or later.

During this time your periods may become irregular. This may last for a few months or a few years before they stop altogether. When 12 months have passed since your last period you are through the menopause and should have no more monthly bleeding.

If you bleed after this time, tell a doctor or nurse. It may be a sign of a health problem.
"There is a serenity that comes with being an older woman. We are honoured and respected for our achievements and for the wisdom we continue to pass on."

"جب ساكتی چک ہو ج کہ میرے پاس ہے، لیکن ہم جھڑاڑ ہو ہے کہ جہاں تک کہ دیکھیاں نے، اسے دوسری کہ ہےی کی اچھہ تعلیم کے لئے کسی کو ایکین جہاں کیا جا ہے۔"
For many women, life after the menopause is a time of liberation. Without the worries of periods and pregnancies, many women feel they can focus more on themselves, begin personal projects and learn new skills.

As women grow older they start to lose calcium from their bones which can lead to osteoporosis – a serious condition that causes bones to break more easily. During the five years just after menopause women lose bone mass at the highest rate in their lives.

To prevent bones becoming weak:

- Exercise regularly. Weight bearing exercise is best, such as running, walking or tennis.
- Don’t smoke.
- Get plenty of calcium from foods such as cheese, almonds, milk and yoghurt.