

# 更年期基础知识



@nuchinatownhealth



<https://chinatown38.wixsite.com/northwestern>



## 什么是更年期？

更年期是指女性月经停止的时期。由于身体停止分泌雌激素和孕激素，更年期通常会导致身体出现症状和变化。

### 何时发生？

更年期综合征通常发生在45至55岁的女性身上。如果女性连续12个月没有来月经，则表明已进入更年期。女性可能在更年期前几年就出现更年期症状。

### 常见症状

- 潮热
- 睡眠问题
- 月经不调
- 阴道问题
- 情绪波动
- 抑郁和焦虑



## 缓解症状的方法

### 潮热

- 避免辛辣食物、酒精和咖啡因。
- 携带便携式风扇
- 穿多层衣服
- 如果夜间出现雷击，请考虑将卧室温度调低。



### 睡眠问题

- 清晨锻炼
- 睡前限制屏幕时间
- 尽量不要在白天打盹
- 限制酒精和咖啡因的摄入



### 情绪变化

- 保持良好的睡眠时间（每天7至8小时）
- 限制酒精和咖啡因的摄入
- 与医生讨论您的症状和可能的药物
- 加入女性互助小组



## 与您的提供商讨论...

- 您的症状和困扰您的问题
- 您的个人风险（基于家族史和年龄）
- 如何检测更年期
- 合适的治疗方法，例如激素疗法或药物治疗

寻找更年期医生: <http://www.menopause.org/for-women/find-a-menopause-practitioner>

# Menopause



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## Basics



### What is menopause?

Menopause is a time when a **woman's period stops**. It occurs when the body stops production of hormones estrogen and progesterone, oftentimes leading to physical symptoms and bodily changes.

### When Does it Occur?

It typically occurs in women between the ages of 45 and 55.

A woman has reached menopause when she has not had a period in 12 months. A woman can experience menopausal symptoms several years prior to reaching menopause.

### Common Symptoms

- Hot flashes
- Problems sleeping
- Irregular periods
- Vaginal problems
- Mood changes
- Depression and anxiety



### Ways to Relieve Symptoms

#### Hot Flashes

- Avoid spicy food, alcohol, and caffeine,
- Carry a portable fan to use
- Dress in layers
- If flashes are occurring at night, consider setting colder bedroom temperatures



#### Problems Sleeping

- Exercise early in the day
- Limit screen-time before bed
- Try not to nap during the day
- Limit alcohol and caffeine intake



#### Mood Changes

- Maintain a good sleep schedule (7 to 8 hours per day)
- Limit alcohol and caffeine intake
- Talk with your doctor about your symptoms and potential medications
- Join a support group for women



### Talk to your provider about...

- Your symptoms and what is bothering you
- Your personal risks, based on family history and age
- How to test for menopause
- Appropriate treatments like hormone therapy or medication

**Find a menopause practitioner:** <http://www.menopause.org/for-women/find-a-menopause-practitioner>