

## Information on the Menopause

The [menopause](#) is the name given to the end of menstruation (periods). It is also sometimes referred to as 'the change of life'. In the UK, the average age for a woman to reach the menopause is 52. The menopause occurs when the level of oestrogen (female sex hormone which regulates menstruation) falls, meaning the end of egg production (ovulation)

A woman is said to have reached the menopause once she has not had a period for one year. After this point, she can be described as post-menopausal. The length of time leading up to the menopause is known as the peri-menopause.

During the peri-menopause, the biological and hormonal changes that are associated with the menopause begin. As a result of these hormonal changes, many women experience both emotional and physical symptoms.

Usually the first symptom of the peri-menopause is a change in your menstrual cycle. You may find that your period may not arrive for months at a time or that it starts to appear every 2-3 weeks. The amount of menstrual blood loss may also change with most women finding it slightly increases. The symptoms after that are generally:

- Hot flushes and night sweats
- Sleep disturbance
- Vaginal symptoms
- Urinary symptoms
- Weight gain

If you think you are experiencing menopausal symptoms, and finding them difficult to deal with, you should see your GP. They should be able to diagnose peri-menopause, or menopause, by considering your age, whether or not you are still having periods, and asking you about your symptoms. Once an assessment has been made you will be given a choice of treatment this can depend on your symptoms, medical history, and your own preferences. The various treatments for menopause are:

- Hormone replacement therapy (HRT)
- Magnetic Therapy
- Complementary therapies
- Self help (e.g. regular exercise, avoid caffeine, smoking, and alcohol.)

For the majority of women, the menopause will last no more than a couple of years, although others experience symptoms for as long as five or six years. The extent of menopause symptoms can vary, but with a bit of help you can minimise the effects.

## About the Author

This Article has been written on behalf of Magno-pulse, [Period Pain](#) and [Magnetic Therapy](#)

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