

MSI Blog

Topic: Menopause symptoms and management

Heading: How menopause can affect your daily life

Style: Lifestyle

In the same way that hormonal changes often bring upheaval to a teenage girl’s life, the effects of menopause can drastically alter a woman’s life. There are many side effects that can make everyday living with menopause tricky. Let’s discuss three of these.

You probably didn't know that menopause can cause mood swings that can disturb a woman’s mental health. As estrogen levels decline, this can cause a woman to feel like she is in a constant state of PMS. The emotional changes experienced by women during menopause can vary between frustration, sadness, anxiety and even aggression. This can make it very difficult to maintain a functional daily routine.

Tip: Finding a self-calming skill can help lessen the emotional rollercoaster, you can try meditation, yoga or rhythmic breathing. It is also important to avoid binging on alcoholic beverages and tranquilisers. Stay connected to your family and friends and find something creative and fun to do to keep your mind occupied with positivity.

Menopausal women may notice that they are not as easily aroused anymore, they may also realise that they are less sensitive to sexual touching and stroking. Another symptom related to lack of sexual drive is a dry vagina. A drop in blood supply to the vagina may result in less vaginal lubrication and this might make penetration uncomfortable. A decreased interest in sex may affect a woman’s relationship, her partner might even begin to feel neglected and unloved, this can be stressful for everyone involved.

Tip: Try to keep your stress levels low as this too can lower your libido. You could also try using water-soluble lubrication before engaging in penetrative sex. Hormone Replacement Therapy (HRT) is also an option, as it assists in restoring the estrogen that your body stops producing during menopause. HRT can help ease vaginal discomfort and help your vagina produce the necessary lubrication.

Menopause may not directly cause weight gain, but it can change the body’s composition and fat distribution. Although the exact mechanisms are not yet understood, animal studies have shown that a decrease in estrogen leads to abdominal fat. Also, middle-aged women are less likely to be physically active, which can exacerbate weight gain.

Tip: Maintaining a healthy balanced diet will help you reduce the number of calories you take. Also, engaging in regular and sustained aerobic exercise will give your metabolism a much needed boost and assist in keeping the weight off.

There are many side effects that come with menopause, some may wear off over time while others can become intense over time. It is advisable to seek medical assistance to help alleviate the symptoms of menopause. Visit our clinic nearest to you to find out what treatment options are available to you. Alternatively, contact us on our toll-free number, 0800 117 785.

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