



# Health & Wellbeing Consultancy



Sunday 12<sup>th</sup> March 2023

Managing Menopause Talk

# MANAGING MENOPAUSE

by Bhavna Patel  
Health & Well being Consultancy



How Menopause affects women.

The are 3 stages of menopause

Perimenopause, Menopause, and Post-menopause

There are typical signs and symptoms associated with each stage

### Symptoms of Menopause

- Anxiety
- Depression
- Headache
- Decreased libido
- Fatigue
- Insomnia
- Hot flashes
- Irritability
- Weight gain
- Osteoporosis
- Memory lapses
- Vaginal dryness



### Menopause

- Low Levels of Estrogen
- Decreased Estrogen production by the ovaries
- Low Levels of Testosterone
- Erratic levels of Estrogen and Progesterone
- Thinner Vaginal Walls
- Mood Swings
- Hot Flashes
- Night Sweats
- Decreased Libido
- Irregular Periods
- Vaginal Dryness

### Menopause

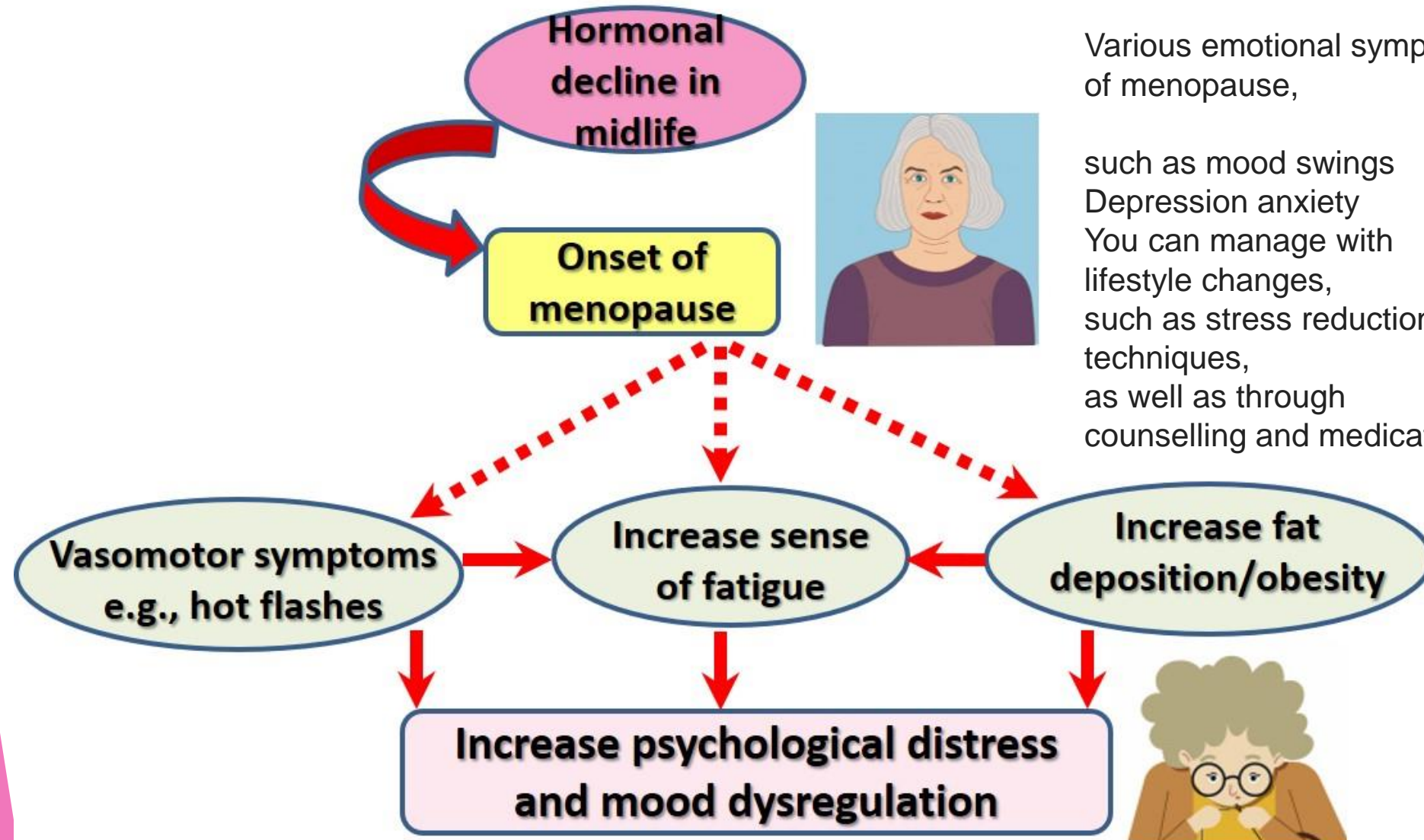
Signs and symptoms

- Night sweats and Hot flashes
- Headache
- Poor memory and Depressive mood
- Thinning skin and Hair loss
- Joint soreness
- Cardiovascular diseases
- Urinary incontinence
- Breast pain
- Vaginal dryness and Irregular cycles

Physical symptoms of menopause  
Hot flashes, night sweats, vaginal dryness, and changes in sexual desire.

Manage these symptoms with lifestyle changes, such as diet and exercise, as well as through medications, such as hormone replacement therapy

# What is happening to me?



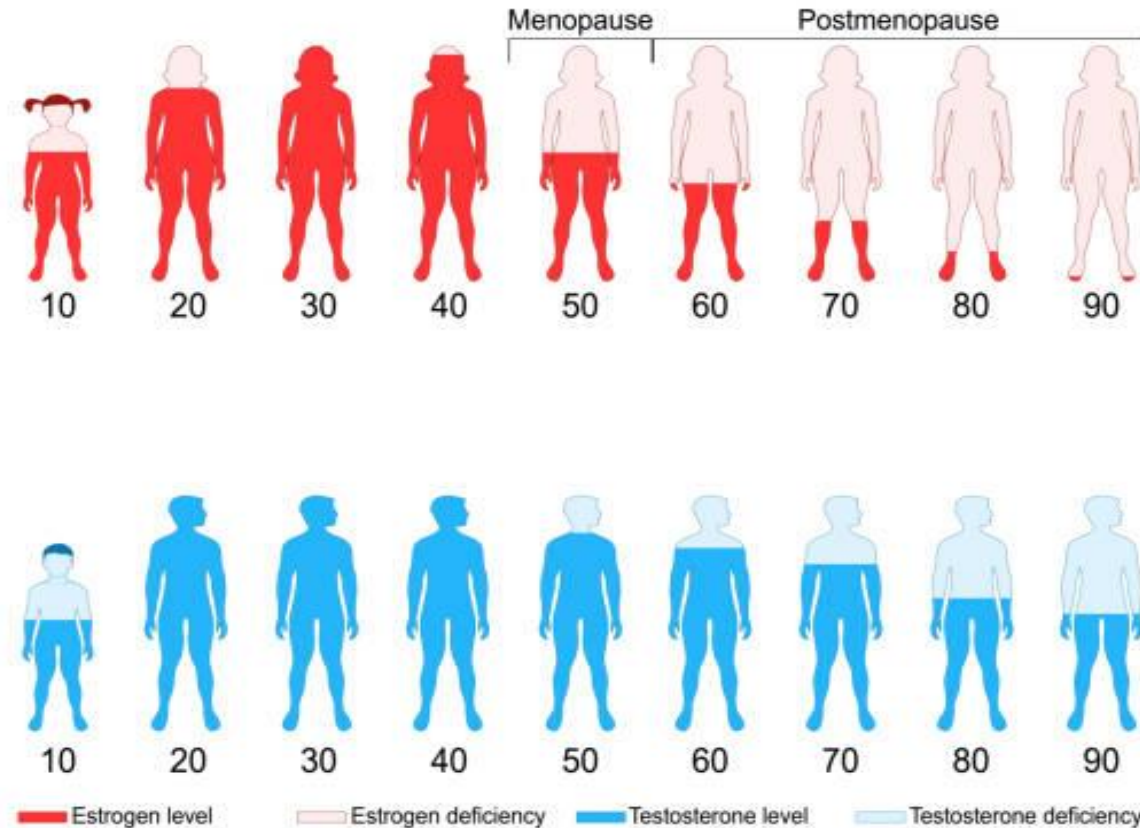
Various emotional symptoms of menopause,

such as mood swings  
 Depression anxiety  
 You can manage with lifestyle changes, such as stress reduction techniques, as well as through counselling and medications

# Estrogen and Testosterone

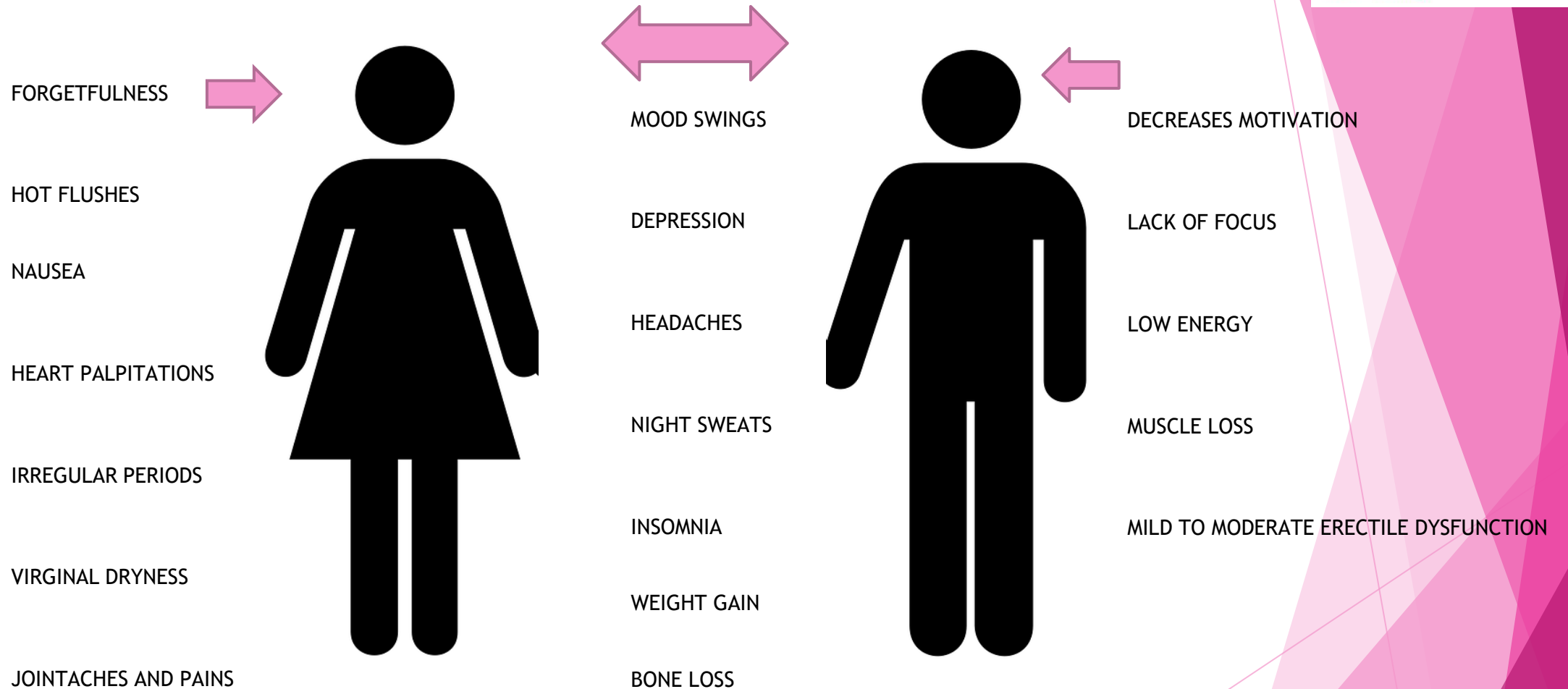
Important for men to learn about menopause and understanding the physical and emotional changes that women experience during this time.

Be supportive and understanding of the journey that women go through during menopause.



Satwinder Sagoo (Sat) known as the Menopause Man, is a certified menopause coach, author, public speaker, and motivational speaker who has assisted many women in the menopausal journey.

# MENOPAUSE & ANDROPAUSE



Both genders to have regular health checks

## Self Care Tips

### Hints and Tips for Women:

1. Get enough sleep
2. Eat a healthy diet
3. Exercise regularly
4. Take time for yourself
5. Stay hydrated
6. Talk to your healthcare provider
7. Try alternative treatments
8. Connect with other women
9. Practice stress-reduction techniques
10. Consider hormone therapy



# Nutrition and brain health



Stay



Hydrated



# Supporting Hints for Men

## Hints and Tips for Men:

1. Understand the physical and emotional changes of menopause
2. Listen and be supportive
3. Encourage healthy lifestyle changes
4. Be understanding of the journey
5. Be patient
6. Ask questions
7. Offer assistance
8. Learn about treatments
9. Spend quality time together
10. Seek professional help if needed



# GAME TIME

How many stages are there for Menopause?

What causes Menopause?

Give 3 signs and symptoms of Menopause?

What is the name for what men go through?

Give 2 hints for women self care

Give 2 tips for men to support their partner

**Disclaimer:** Please note that any suggestions or recommendations made during in the session for Menopause care merely suggestions based on others lived experiences. I am not clinically or licenced to give medical advice. It is essential to speak to your GP before attempting any suggested therapy or therapeutic ideas. This disclaimer is an assertive reminder to always prioritise your health and seek professional medical advice before starting any new supplement regime.



Evening Primrose Oil capsules

Magnesium Gel ( great for aches and pains and Menopause pains)

Zinc ( we get from green vegetables too)

Omega-3 Fatty Acids EPA and DHA ( it must have this on the label )  
Oily fish ( Sardines)

Main points - Talk and take action by  
learning more about menopause,  
managing their symptoms, and being  
supportive of your partner.



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