

ROCK MY MEN♀PAUSE

Menopause Champions Part 3: Understanding Perimenopause

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RockMyMenopause.com

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For more support, advice and resources to help
you through on perimenopause and menopause,
go to RockMyMenopause.co.uk

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**By the end of this session,
you will be able to:**

gain knowledge about
perimenopause to add
to a toolkit for
supporting NHS staff



Recap from session 1 and 2

Menopause

- is the final menstrual period
- symptoms are experienced individually
- has a significant impact on the NHS workforce

The brain effects of menopause

- Hot flushes
- Insomnia
- Mood changes
- Brain fog
- Low libido
- Fatigue

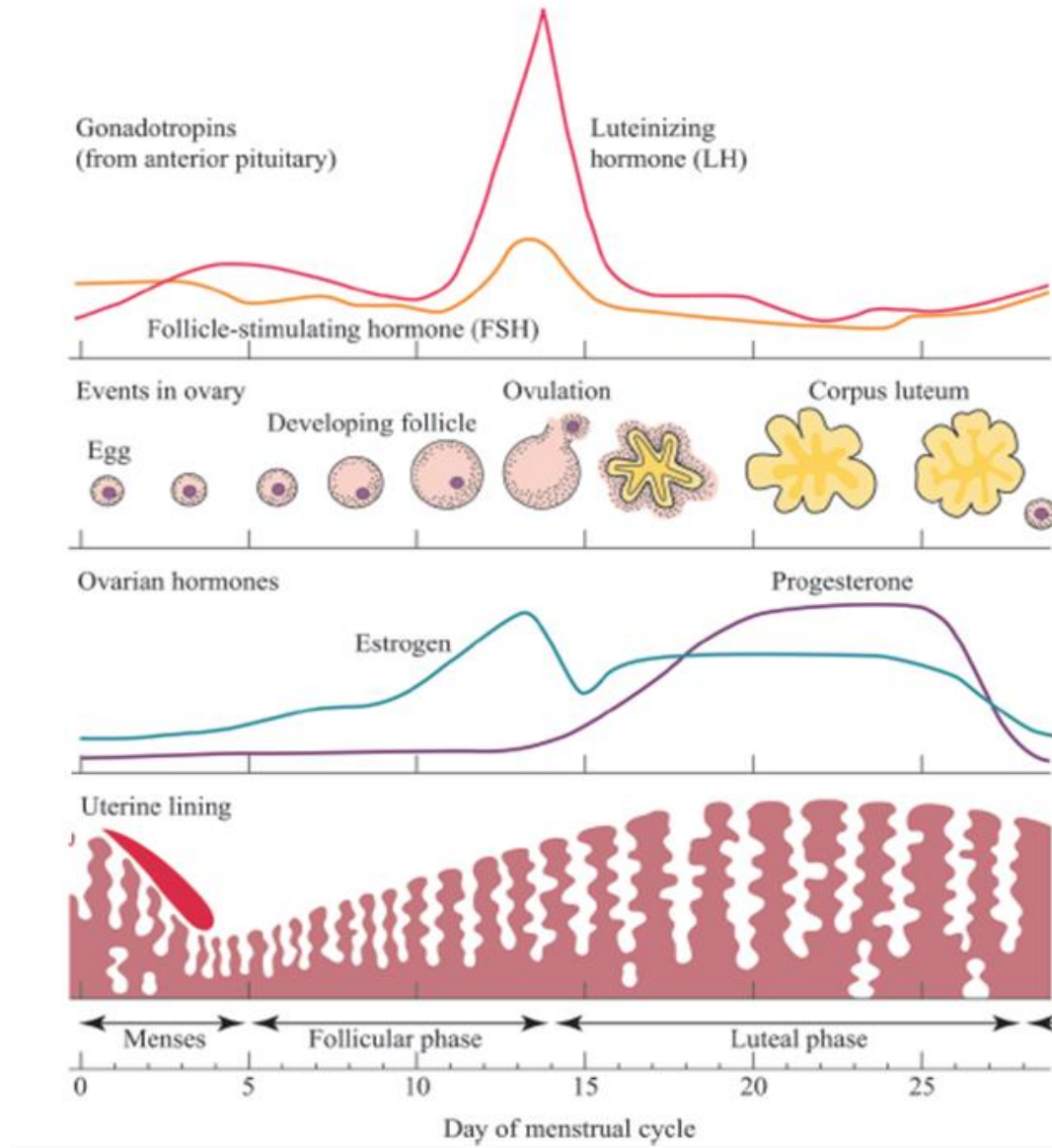
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**Understanding the
menstrual cycle is key**



1. Hypothalamus releases GnRH, stimulating the pituitary
 2. FSH secreted from pituitary stimulates follicles
 3. Follicles produce oestrogen- negative feedback turning off FSH release
 4. Critical level of E2 stimulates -LH peak- positive feedback - ovulation
 5. Corpus Luteum secretes E2 and P4 life span 12-14 days
- Reduced frequency and increased irregularity of ovulation in the perimenopause



Perimenopause: the roller coaster effect of hormones

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PODCASTS

THE ROLLERCOASTER EFFECT OF HORMONES

SYMPTOMS OF THE MENOPAUSE

The most common symptoms you will experience are:

- Hot flushes
- Night sweats
- Irregular periods, including period pain and heavy periods
- Insomnia
- Aching joints
- Weight gain
- Headaches, which can be severe, or classed as migraines
- Fatigue
- Mood swings, including anxiety and panic attacks and an inability to cope with stress
- Sexual problems, such as vaginal dryness and loss of libido
- Memory loss

There are also some less common symptoms, including:

- Digestive problems
- Nausea
- Bloating
- Bladder weakness
- Hair loss and brittle nails
- Osteoporosis.

Resources from:
www.rockmymenopause.com/resources

How do you know if the perimenopause has started?

- 4-5 years (sometimes longer) before the menopause
- Ovaries **start** to lose their reproductive function
- Periods can become **irregular**
- Oestrogen levels fluctuate up and down
- Women may start to experience symptoms of oestrogen deficiency

Fictional cases



How you may have helped

Mrs Apple

Miss Pear

In your role as NHS wellbeing champions for menopause.

Mrs. Apple

- 51 yrs , theatre sister, Type 2 DM, BMI > 30 , BP OK ,
- Periods reg as clock work all life
- Last 6/12 n period (not pregnant)
- Hot flushes, sweats, insomnia, mood up and down, poor confidence, lost “mojo”



Mrs. Apple

- Address symptoms – signpost, validate, explain,
- Open culture at work, cool clothing, (different scrubs), change hours (functions better in morning), ok to go to staff room or fire exit if flushes, outside work, mindfulness (headspace) sleep hygiene, diet changes, exercise, reduce alcohol caffeine, time off if needed.
- Signpost to GP to consider HRT



May 2019. Resource reviewed January 2021.

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HRT IN A NUTSHELL

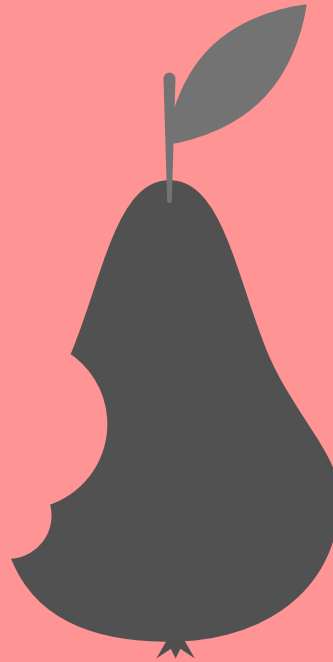
Author: *Dr. Jane Davis*

Are you suffering with menopausal symptoms? If the answer is yes, you may wish to consider taking hormone replacement therapy (HRT). What are the facts?

Global consensus

- Adjustable heating
- Thermally comfortable clothes
- Access to toilets and drinking water
- Manager and colleague awareness
- Supportive relationships
- Flexible hours
- Breaks to manage flushes if needed
- Allow disclosure of menopausal symptoms (not every woman wants to talk about them)

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Miss Pear

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Miss Pear

48 years, ED NHS receptionist, fit and well

Concerns about her manner with patients recently.

Mood has become more and more erratic. Feels “rage”, particularly when stressed.

Not sleeping well, always anxious.

Periods “horrendous”, fear of flooding, can’t leave desk to go to toilet due to staff pressures.



You support Miss Pear

- Explain rollercoaster effect
- Help her identify when her mood is likely to be most irritable
- Lifestyle changes, work changes,
- Report to GP for management of heavy menstrual periods and premenstrual symptoms.



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Premenstrual disorders

This leaflet will help you to understand if you have the symptoms of a premenstrual disorder, what to discuss with your GP, and your treatment options.

Words by *Dr Hannah Short and Dr Jane Davis*

Mrs Apple and Miss Pear were well supported at work



Mrs. Apple commenced HRT

Miss Pear had an intrauterine device fitted and later started HRT.

Both were supported through perimenopause and went on to lead happy and successful careers, retiring in their 60's.

Summary

Perimenopause includes “the rollercoaster years”

Advocating for women through workplace support
can change lives.

Keep up the great work!



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**Thank you
for listening**

Any questions?

The information provided in the Q&A is not intended to be a substitute for professional medical advice, diagnosis or treatment. The content does not constitute medical advice. Individuals are advised to contact a healthcare professional to discuss their health, symptoms and treatment options. There are risks associated with menopause treatments and lifestyle changes, ensure you receive qualified medical advice on these topics