

English

Simplified Chinese (Mandarin) / 简体中文

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Treating menopause symptoms

If you feel like you need help to manage your symptoms you can access support through your local GP practice. This will help you to make the decisions about your treatment that are best for you.

Sometimes, just knowing what to expect and how to manage specific menopausal symptoms can really help.

There are different ways to manage menopausal symptoms, including:

- eating a [healthy, balanced diet](#) and [exercising regularly](#) – maintaining a healthy weight and building more exercise into your daily routine can improve some menopausal symptoms

绝经症状的治疗

如果您在管理绝经症状方面需要帮助，您可以向当地GP诊所寻求帮助，从而帮助您做出最适合自己的治疗决定。

有时，只是了解绝经期会有哪些症状以及如何管理，就很有帮助。

管理绝经症状有多种方法，包括：

- 摄入[健康均衡饮食](#)和[规律运动](#)——维持健康体重和在日常生活中增加锻炼就能改善一些绝经症状；

- cognitive behavioural therapy (CBT) – a type of talking therapy that can help with low mood and anxiety
- [hormone replacement therapy \(HRT\)](#) – tablets, skin patches, gels and implants that relieve menopausal symptoms by replacing oestrogen
- vaginal cream, tablet, pessary, gel or ring, lubricants or moisturisers for vaginal dryness

You may be referred to a specialist if:

- you experience difficulty controlling your symptoms
- you experience side effects from treatment despite some changes
- you have a medical history that may mean that you're unable to take HRT.

Your GP may refer you to see a menopause specialist if they think it is necessary.

Your decisions about treatment may change as you journey through your menopause. If a treatment isn't working for you, you can try something different. You can always seek a second opinion if you're not sure about the options offered to you.

Before speaking to someone you could try:

- 认知行为疗法 (CBT) ——一种交谈疗法，有助于缓解情绪低落和焦虑；
- [激素替代疗法 \(HRT \)](#) -片剂、皮肤贴剂、凝胶和植入剂，通过替代雌激素而缓解绝经症状；
- 缓解阴道干燥的阴道用乳膏、片剂、栓剂、凝胶或阴道环、润滑剂或保湿剂；

如果有下列情况，您可能需要转诊至专科医生：

- 您的绝经症状难以控制；
- 您在治疗后虽有好转但出现了副作用；
- 您的疾病史表明您可能无法采用HRT治疗；

如果GP认为有必要，可能建议您去看绝经专科医生；

随着绝经期的深入，您对治疗的决定可能发生改变。如果一种疗法对您无效，您可以尝试另一种疗法。如果您对于治疗建议不十分确定，您可以随时咨询其他人的意见。

<ul style="list-style-type: none"> • taking notes of your menopausal symptoms and how or when they are affecting you • preparing what you plan to discuss with a friend 	<p>咨询前，您可以尝试以下准备：</p> <ul style="list-style-type: none"> • 记录您的绝经症状、发作时间以及对您的影响； • 列出想要讨论的内容；
<p>Hot flushes and night sweats</p> <p>We all wake naturally through the night. Ideally, we just roll over and go back to sleep. If you experience hot flushes and night sweats as a result of menopause, you are more likely to fully wake up and then struggle to get back to sleep. There are a few simple measures that may sometimes help, such as:</p> <ul style="list-style-type: none"> • keeping your bedroom cool at night – 16 to 18°C may seem cold but is ideal for sleeping (you can also keep your window and bedroom door open to let the air flow more easily) • wearing loose, cotton pyjamas or night clothes can help you feel cooler than other materials (or try using cotton sheets and a light blanket in layers rather than a heavy duvet) • wrapping an ice pack in a tea towel and slipping it under your sheets, like the opposite of a hot water bottle 	<p>潮热和盗汗</p> <p>我们所有人都会在夜间醒来，这很自然。理想的情况是，我们只是翻一下身，然后又睡了。如果您因绝经而出现潮热和盗汗，您很可能会完全清醒，然后难以入睡。有时，一些简单的措施就可能有所帮助，如：</p> <ul style="list-style-type: none"> • 夜间保持卧室凉爽--温度维持在16-18度。此温度看起来可能有些低，但却是睡眠的理想温度（您也可以打开窗户和卧室门，让空气更容易流通）； • 穿着宽松的棉质睡衣，相比其他材质，棉质材料会让您感觉更加凉爽（或者床上铺棉质床单，盖一床薄被，而不盖厚被）；

- exercising regularly - regular weight-bearing activities such as walking, running and dancing have been shown to reduce symptoms of hot flushes, improve sleep and reduce the risk of osteoporosis
- taking a cool shower, using a fan or having a cold drink
- cut down on caffeine, alcohol and spicy food – as they have all been known to trigger hot flushes
- [giving up smoking](#) – if you smoke, giving up will help reduce hot flushes as well as your risk of developing serious health conditions, such as [heart disease](#), [stroke](#) and [cancer](#)

If you find you are lying awake for a long time, get up and do something else (read a chapter of a book in another room, for example) for around 15 minutes, then try again. [A distraction technique](#), once you are back in bed, can help avoid other thoughts coming into your head and keeping you awake for longer.

If the flushes and sweats are frequent or severe, or you feel like you need more help, speak to your local GP practice. They may suggest taking HRT.

If HRT isn't suitable for you, or you would prefer not to have it, your GP may recommend other medicines that can help.

- 用一块干布包裹一个冰袋，然后塞到床单下面，原理与热水瓶相反；
- 规律运动--已证实有效的常规负重运动（如散步、跑步和跳舞）能减轻潮热症状、改善睡眠和降低骨质疏松症的风险；
- 洗个凉水澡、吹风扇或喝冷饮；
- 减少咖啡因、酒精和辛辣食物的摄入——众所周知，这些东西都会引发潮热；
- 如果您吸烟，请戒烟——戒烟有助于减轻潮热症状以及发生严重健康问题的风险，如[心脏疾病](#)、[中风](#)和[癌症](#)；

如果您长时间处于清醒状态而无法入睡，就起床做点事（如去其他房间读会儿书），过大约15分钟再回到床上试着入睡；[此方法能分散注意力](#)，避免脑中出现其他想法，从而避免长时间处于清醒状态，一旦您回到床上便能很快入睡。

	<p>如果潮热和盗汗频发或较严重，或者您需要更多帮助，请前往当地GP诊所。医疗保健专业人员可能建议您进行HRT治疗。</p> <p>如果您不适合或者不愿采取HRT治疗，GP可以推荐其他药物。</p>
<p>Mood changes</p> <p>Some women experience changes such as low mood and anxiety during the menopause.</p> <p>Self-help measures to improve your mood may help, such as:</p> <ul style="list-style-type: none">• getting plenty of sleep• exercising regularly• relaxing activities such as yoga and tai chi• practicing mindfulness• counselling <p>If you've been diagnosed with depression, medicine is also available, including HRT and antidepressants.</p> <p>Other treatments such as cognitive behavioural therapy (CBT) can help with low mood and anxiety. CBT is a type of talking therapy and your GP may be able to refer you, or you can use our online mental health self-help guides.</p>	<p>情绪变化</p> <p>一些女性在绝经期会出现情绪低落和焦虑等情绪变化。</p> <p>您可以通过一些自助措施改善情绪，如：</p> <ul style="list-style-type: none">• 睡眠充足• 规律运动• 放松活动，如瑜伽和太极• 练习正念• 咨询 <p>如果您确诊患有抑郁，您会得到药物治疗，包括HRT和抗抑郁药。</p>

<p>Further information about menopause and your mental wellbeing</p>	<p>其他治疗（如认知行为疗法（CBT））也能帮助缓解情绪低落和焦虑。CBT是一种交谈疗法，GP可能推荐CBT疗法，您也可以根据我们的心理健康自助在线指南进行CBT治疗。</p> <p>有关绝经和心理福祉的更多信息</p>
<p>Vaginal dryness and discomfort</p> <p>If your vagina becomes dry, painful or itchy as a result of the menopause, your GP can prescribe oestrogen treatment that's put directly into your vagina as a pessary, cream, gel or vaginal ring. This can safely be used alongside HRT.</p> <p>The oestrogen cream will increase moisture and lubrication in the lining of your vagina and improve vaginal tissues making walking, exercise and penetrative sex more comfortable again.</p> <p>Wearing cotton underwear and only washing your vagina with water will help to keep your vagina healthy.</p> <p>You'll usually need to keep using vaginal oestrogen, as your symptoms are likely to return when treatment stops. However, side effects are very rare.</p>	<p>阴道干燥和不适</p> <p>如果您因绝经期出现阴道干燥、疼痛或瘙痒，GP能为您开雌激素处方进行治疗，如阴道栓剂、乳膏、凝胶或阴道环。雌激素治疗可同HRT一起安全使用。</p> <p>雌激素乳膏能使阴道内壁更湿润、润滑，并改善阴道组织，使得散步、运动和性交更舒适。</p> <p>穿着棉质内裤以及仅用清水清洗阴部，这有助于维持阴道健康。</p> <p>鉴于停药后症状很可能复发，通常需要继续使用阴道雌激素制剂。相关副作用非常罕见，适于长期使用。</p>

<p>You can also use over-the-counter vaginal moisturisers or lubricants in addition to, or instead of, vaginal oestrogen.</p>	<p>除阴道雌激素制剂外，您也可以使用非处方保湿剂或润滑剂。您也可以只使用非处方保湿剂或润滑剂。</p>
<p>Reduced sexual desire</p> <p>All women experience menopause differently, many women experience changes in their sex life as they go through the menopause. You may have heard about menopause impacting women's 'libido' or sexual desire.</p> <p>There are lots of reasons why you might not want to have sex during menopause. This might include:</p> <ul style="list-style-type: none">• vaginal dryness and discomfort that makes penetrative sex uncomfortable or painful• reduced sex drive due to decreased hormones• night sweats that affect your sleep and energy for sex• emotional changes that can make you feel too stressed or upset for sex <p>As with all other symptoms of menopause it's important that you seek advice when you need it as there is a lot that can be done to help. Don't be afraid to speak to someone at your local GP practice as there are treatments that can help you get your sex life back on track.</p>	<p>性欲减退</p> <p>虽然女性的绝经症状各不相同，但随着绝经期深入，许多女性的性生活会发生变化。您可能听说过绝经期会影响女性“性欲”。</p> <p>但绝经期女性不想要性生活的原因有很多，可能包括：</p> <ul style="list-style-type: none">• 阴道干燥和不适造成性交时不舒服或痛苦；• 因激素水平下降而引起性冲动减退；• 盗汗会影响女性的睡眠和性交精力；• 情绪变化让女性对性生活感觉压力太大或太沮丧； <p>与其他所有绝经症状一样，在您需要帮助时，应该寻求他人的建议，这样您能得到很多支持。不要害怕向当地GP诊所的医疗保健专业人员说明情况，因为他们能为您提供治疗，帮助您恢复正常的性生活。</p>

<p>Further information about sex, intimacy and the menopause</p>	<p>绝经期性与亲密关系的更多信息</p>
<p>Hormone Replacement Therapy (HRT)</p> <p>HRT replaces the hormones that are missing. Most symptoms are caused by low oestrogen levels, so this is the most important hormone to replace. If you have a womb you also need a progestogen to protect the lining of the womb.</p> <p>HRT is extremely effective at relieving menopausal symptoms. It is available as tablets, skin patches, a gel or spray or, less often, implants.</p> <p>In most cases, the benefits of taking HRT outweigh the risks. You may not be able to take HRT if you are undergoing certain types of cancer treatments or you may prefer not to take HRT.</p> <p>Further information about HRT</p>	<p>激素替代疗法 (HRT)</p> <p>HRT能替代缺失的激素，并维持体内激素水平。大多数绝经症状由低雌激素水平引起，因此雌激素是HRT疗法所替代的重要激素。除非子宫被摘除，绝经期女性也需要使用孕激素保护子宫内膜。</p> <p>HRT对缓解绝经症状极其有效。现有的HRT治疗使用片剂、皮肤贴剂、凝胶、喷雾剂或植入剂（不常用）。</p> <p>大多数情况下，HRT治疗的益处大于风险。如果您正在接受特定类型的癌症治疗，则不能进行HRT。如果您不愿采取HRT，也可不进行HRT。</p> <p>HRT的更多信息</p>
<p>Complementary therapies</p>	<p>补充疗法</p>

<p>Some products are sold in health shops for treating menopausal symptoms. These herbal remedies include evening primrose oil, black cohosh, angelica and ginseng.</p> <p>If you are thinking of trying herbal remedies, speak to your pharmacist or GP for advice. Natural doesn't always mean the treatment is safe or effective.</p> <p>Further information about natural menopause relief</p>	<p>保健品店售卖的一些产品也能用于治疗绝经症状。这些草药产品包括月见草油、黑升麻、当归和人参。</p> <p>如果您想尝试草药，请向药剂师或GP寻求意见。天然药物并不总是安全有效。</p> <p>缓解自然绝经的更多信息</p>
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese-simplified</p>	<p>若需了解波兰语版的更多信息，请访问： www.nhsinform.scot/translations/languages/simplifiedchinese</p>
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