

<b>English</b>	<b>Simplified Chinese (Mandarin) / 简体中文</b>
<p><b>After the menopause</b></p> <p>Postmenopause is the time after menopause, when a woman hasn't experienced a period for over a year.</p> <p>Postmenopause, you will no longer have periods but some women do continue to experience symptoms of menopause.</p>	<p><b>绝经后期</b></p> <p>绝经后期是指绝经后一年的时间，此时女性已经一年未月经。</p> <p>处于绝经后期的女性不再来月经，但一些女性可能还会经历绝经症状。</p>
<p><b>Postmenopause health</b></p> <p>In postmenopause, symptoms of menopause may have eased or stopped entirely, but some women continue to have symptoms for longer.</p> <p>The change in your body's hormones however is a sign to keep looking after your health and wellbeing, and be mindful to listen to your body.</p>	<p><b>绝经后期的健康</b></p> <p>处于绝经后期的女性，绝经症状可能有所缓解甚至完全消失，但一些女性可能还存在绝经症状。</p> <p>女性体内的激素水平仍有变化，仍要继续关注自己的健康和福祉，关注身体的变化。</p>

<p>There can be an increased risk of some health conditions postmenopause, such as cardiovascular (heart) disease, osteoporosis (weak bones) and urinary tract infections (UTI's). So it is important to have a healthy diet and lifestyle, and to go for your regular cancer screenings such as cervical (smear test) and breast.</p>	<p>处于绝经后期的女性，出现一些健康状况的风险可能会增加，如心血管（心脏）疾病、骨质疏松症（骨骼脆弱）和尿路感染（UTI's）。因此，绝经后期女性应摄入健康饮食，保持健康的生活方式。同时，定期进行癌症筛查，如子宫颈（涂片检查）和乳腺检查。</p>
<p><b>Cardiovascular disease</b></p> <p>Your risk of cardiovascular disease increases when you have lower levels of oestrogen in your body, as a result of the menopause. This can cause the coronary arteries to narrow and increases your risk of developing <a href="#">coronary heart disease</a> or <a href="#">stroke</a>.</p> <p><a href="#">The British Heart Foundation (BHF)</a> offer support for women who experience problems with their heart health and who are going through the menopause.</p> <p>It's also important to exercise regularly, to eat a balanced diet and maintain a healthy weight.</p> <p><a href="#">Further information about the signs and symptoms of cardiovascular disease</a></p>	<p><b>心血管疾病</b></p> <p>绝经女性体内的雌激素水平较低，因而心血管疾病的发生风险可能增加。可能引起冠状动脉变狭窄，从而增加<a href="#">冠心病</a>或<a href="#">中风</a>发生的风险。</p> <p><a href="#">英国心脏基金会 ( BHF )</a> 能为出现心脏健康问题的绝经期女性提供支持。</p> <p>还应规律运动，摄入均衡饮食，以维持健康体重。</p> <p><a href="#">心血管疾病体征和症状的更多信息</a></p>
<p><b>Osteoporosis</b></p>	<p><b>骨质疏松症</b></p>

Women who have been through menopause are at an increased risk of developing weak bones that may break more easily ([osteoporosis](#)) as a result of the lower level of oestrogen in the body.

You can reduce your chances of developing osteoporosis by:

- taking HRT – HRT can help to prevent your bones getting weaker, and is more effective the longer it is taken
- exercising regularly – including [weight-bearing and resistance exercises](#)
- eating a healthy diet that includes plenty of fruit, vegetables and sources of calcium, such as low-fat milk and yoghurt
- stopping smoking and cutting down on alcohol
- taking [calcium](#) and/or [vitamin D](#) supplements – if you're concerned about this you can discuss this with your GP

You can find out more about exercising safely and choosing the right activity and movement for you if you have osteoporosis by [visiting the Royal Osteoporosis Society website](#).

## Urinary tract infections (UTI's)

Urinary tract infections (UTI's) can be common for women going through menopause. With lower levels of oestrogen in your body,

经历绝经期的女性因体内雌激素水平较低，骨骼脆弱的发生风险可能增加，更容易骨折（[骨质疏松症](#)）。

您可以通过以下措施降低骨质疏松症的发病率：

- 进行HRT——HRT能预防骨骼脆弱，疗程越长越有效
- 规律运动——包括[负重和耐力运动](#)
- 摄入健康饮食，包括大量水果、蔬菜和钙源食物，如低脂牛奶和酸奶
- 戒烟、减少酒精摄入
- 摄入[钙](#)和/或[维生素D](#)补充剂——如果您对此有顾虑，请与GP交谈

如果您患有骨质疏松症，您可以[访问英国皇家骨质疏松学会网站](#)了解安全锻炼的更多信息，选择适合自己的活动和运动。

## 尿路感染 ( UTI's )

your bladder and vaginal tissue may change, causing a range of symptoms and increased risk of urinary infections.

You can prevent UTI's occurring by:

- drinking plenty of water to help flush bacteria out of your urinary tract
- going to the toilet whenever you get the urge and allowing your bladder to empty as fully as possible

Speak to your GP if:

- you are experiencing recurring or chronic UTI's

They'll be able to prescribe vaginal oestrogen to help reduce the chances of these recurring and will give you a prescription of antibiotics if required.

经历绝经期的女性，尿路感染 ( UTI's ) 很常见。经历绝经期时，女性体内的雌激素水平较低，膀胱和阴道组织可能发生变化，从而引起多种症状，使**尿路感染**发生的风险增加。

您可以通过以下措施预防UTI's发生：

- 大量饮水以促进泌尿道内细菌排出
- 只要想小便，立即去卫生间，尽可能排空膀胱中的尿液

如果有下列情况，您可以向GP说明：

- 如果您出现复发性或慢性尿路感染

医疗保健专业人员将为您开阴道雌激素制剂以降低尿路感染复发率，如需要，还可开具抗生素处方药。

## Urinary incontinence

When you go through the menopause, the tissues of your vagina and urethra lose elasticity and you may experience sudden, strong urges to pee, followed by an involuntary loss of urine (urge incontinence). You can also experience the loss of urine with

## 尿失禁

经历绝经期的女性，阴道和尿道变得松弛。当突然很想小便时，可能会不自觉地漏尿 ( 尿急性尿失禁 )。咳嗽、大笑或拎重物时，

coughing, laughing or lifting (stress incontinence). This can also cause urinary tract infections to occur more often.

You can improve symptoms of urinary incontinence by:

- doing [pelvic floor exercises](#)
- using a vaginal oestrogen preparation

也可能会漏尿（压力性尿失禁）。尿失禁还可能导致尿路感染频繁发生。

您可以通过以下措施缓解尿失禁症状：

- 进行[盆底肌锻炼](#)

使用阴道雌激素制剂

## Sexual wellbeing and intimacy

All women experience menopause differently, and 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.

Some women may experience problems during sex due to vaginal dryness and loss of elasticity. This can cause discomfort and slight [bleeding during or after penetrative sex](#).

Speak to your GP if:

- you're concerned about bleeding after sex

It can also be a sign of a health condition

## 性福和亲密关系

虽然女性的绝经症状各不相同，但随着绝经的深入，许多女性的性生活将会发生变化。您可能听说过绝经期会影响女性“性欲”。

一些女性可能因阴道干燥和松弛而出现性生活问题，从而导致女性不适以及[性交期间或性交后轻微出血](#)。

如果有下列情况，您可以向GP说明：

- 您很担心性交后出血。

性交后出血也可能是健康状况发生变化的一种体征。

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 you. 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.

[Further information about sexual wellbeing and intimacy](#)

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，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。

[性福和亲密关系的更多信息](#)

## Weight gain

Some women will experience weight gain during or after menopause.

During the menopause, the change in hormones can mean the body stores more fat and burns calories less efficiently. HRT can help with this but activity and exercise are the best way to increase your body's ability to burn calories. Reducing stress can help too. Exercise, stress reduction, cutting down on caffeine and alcohol, stopping smoking and a healthy diet all help with excess weight gain and other menopausal symptoms.

It is important however to ensure that weight gain isn't caused by something else, such as an underactive thyroid, particularly if you have a family history of the condition. If this is the case, you should speak to your GP.

## 体重增加

一些女性可能在绝经期或绝经后期出现体重增加。

在绝经期，激素水平变化可能导致身体储存的脂肪增多，能量消耗效率下降。HRT能缓解这一现象，但活动和锻炼身体是增加体能消耗的最佳方式。减轻压力也能缓解这一现象。锻炼、减轻压力、减少咖啡因和酒精摄入、戒烟、健康饮食都能减缓体重过多增加、缓解其他绝经症状。

但是，您要确保不是其他原因（如甲状腺功能减退）引起的体重增加，尤其是有家族甲状腺病史的女性尤其应该注意。如果您因其他原因引起体重增加，请向GP说明。

<p><b>HRT and weight gain</b></p> <p>There's no scientific evidence that HRT causes weight gain. However, a small percentage of women may develop fluid retention with HRT - often it is mild and will settle in 4 to 6 weeks.</p>	<p><b>HRT和体重增加</b></p> <p>尚无科学证据表明HRT能使体重增加，少数女性接受HRT治疗后可能发生液体潴留，但是通常程度较轻，4-6周内能消退。</p>
<p>For more information in Chinese (Simplified) go to <a href="http://www.nhsinform.scot/translations/languages/chinese-simplified">www.nhsinform.scot/translations/languages/chinese-simplified</a></p>	<p>若需了解波兰语版的更多信息，请访问： <a href="http://www.nhsinform.scot/translations/languages/simplifiedchinese">www.nhsinform.scot/translations/languages/simplifiedchinese</a></p>
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