

English

Sexual wellbeing and intimacy during and after menopause

There's a myth that because you're going through the menopause, that your sex life is over, but this does not have to be the case. If you want to enjoy the pleasure that is available to you in your body, either alone or with a partner, it is all still there after the menopause.

While some of the hormonal changes of menopause may change the way you experience sex and your body, there's lots you can do to create a happy and pleasurable sex life that feels right for you.

It's still possible to get pregnant during perimenopause so, if you need to, keep having conversations about contraception. If you use barrier methods with your partner, it's important to keep using condoms as less lubrication and thinning vaginal walls during

Simplified Chinese (Mandarin) / 简体中文

绝经期和绝经后期的性福和亲密关系

人们往往认为经历绝经期的女性就没有了性生活，但事实并非如此。即使在绝经后，您仍然可以独自或是与伴侣一起享受身体的快感。

虽然绝经导致的一些激素水平变化可能改变您对身体和性生活的体验，但您还是能创造出适合自己的愉悦性生活。

围绝经期仍可能妊娠，如果您没有怀孕的打算，请继续避孕。如果您和伴侣采取屏障避孕法，请一直使用避孕套，因为绝经期的阴道壁更薄、更干燥，您更容易发生性传播感染（STI's）。

[STI's的更多信息](#)

<p>menopause can make you more vulnerable to contracting a sexually transmitted infection.</p> <p>Further information about STI's</p>	
<p>Vaginal dryness, discomfort or pain</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 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, making walking, exercise and penetrative sex more comfortable again.</p> <p>Wearing cotton underwear and only washing your vulva 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>You can also use over-the-counter vaginal moisturisers or lubricants in addition to, or instead of, vaginal oestrogen.</p>	<p>阴道干燥、不适或疼痛</p> <p>如果您因绝经而阴道干燥、疼痛或发痒，GP能为您进行雌激素治疗，如阴道栓剂、乳膏或阴道环。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，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外阴，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。但相关副作用非常罕见。</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>Sexual desire or 'libido'</p>	<p>性欲</p>

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 enjoy sex more because they no longer worry about what other people think and feel a sense of freedom as they age. Others may find they no longer feel sexual desire or no longer want to have sex and that can be really upsetting.

There are lots of reasons why you might not want to have sex during menopause.

This might include:

- 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

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

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”。

随着年龄的增长，一些女性可能更享受性生活，她们不再担心他人的看法，感觉很自在。而其他女性可能不再有性欲或不再想过性生活，这可能让她们和/或伴侣很沮丧。

但绝经期女性不想要性生活的原因有很多。

可能包括：

- 阴道干燥和不适导致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；

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。

<p>practice as there are treatments that can help you get your sex life back on track.</p>	
<p>Stress and anxiety</p> <p>If you're feeling stress and/or anxiety then it can be hard to experience feelings of sexual desire. Your brain finds it really difficult to process these two different feelings at the same time.</p> <p>Managing stress can help with many different menopause symptoms but could really help make a difference about your feelings around sex.</p> <p>Further information about managing stress</p>	<p>压力和焦虑</p> <p>如果您感觉有压力和/或焦虑，您很难有性欲。因为大脑很难同时处理两种不同的情绪。</p> <p>管理压力有助于缓解多种绝经期症状，但真正能带来不同的是您对性生活的感受。</p> <p>管理压力的更多信息</p>
<p>Talking to your partner about sex</p> <p>If you have a partner, communicating how you feel about sex can feel difficult, but it's a good way to work through some of the challenges you might be experiencing.</p> <p>Think about the kind of sex life that you want. Having sex because you feel like you have to is not likely to result in a satisfying experience for you or any partners you have.</p> <p>A meaningful sex life does not have to look a certain way. Exploring and learning about what feels pleasurable for you at</p>	<p>与您的伴侣交流性生活</p> <p>如果您有伴侣，您应与他/她交流性生活感受。虽然对您而言可能很困难，但这会有助于您应对一些挑战。</p> <p>设想一下您想要的性生活。如果您因为“觉得必须”而发生性行为，结果往往不太可能令您或伴侣满意。</p>

<p>this time in your life can be fun and you get to decide what you want to experience in your body. Simply being affectionate can be a good way of helping you feel connected to your body and close to your partner.</p> <p>Further information for partners of those going through the menopause</p>	<p>固定的性生活方式不一定有意义。处于绝经期的女性，应探索和了解如何让自己愉悦会很有趣，您的身体您做主。只是语言表达爱意也能关爱您的身体，让您与伴侣更亲密。</p> <p>绝经期女性伴侣的更多信息</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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