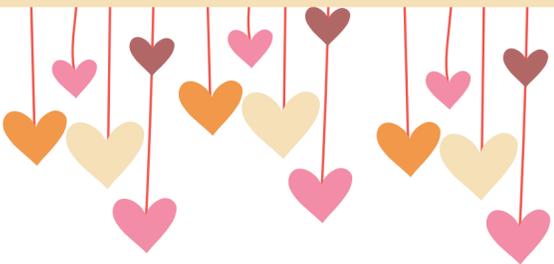


# Menopause Newsletter

October 2023 Volume 12

*Physical Health*



## Welcome to the latest Menopause Newsletter.

Commissioned by the Health and Wellbeing Team, we'll be sharing information sources, advice routes, and personal stories to support our wonderful colleagues experiencing menopause and perimenopause. In this issue:

- Pelvic floor health
- Osteoporosis
- Smoking
- Exercise & heart health
- LGBTQ+ colleagues
- Andropause
- Manager's corner
- Further reading

## Take care of your pelvic floor

**The Menopause Charity**- Pelvic floor health [www.themenopausecharity.org/2021/04/24/pelvic-floor-health/](http://www.themenopausecharity.org/2021/04/24/pelvic-floor-health/) Outlines common symptoms and how the menopause and perimenopause can affect your pelvic floor health

**Balance**- Pelvic floor health during the menopause <https://balance-menopause.com/uploads/2021/09/Pelvic-floor-health-during-the-menopause-1.pdf> By a Continence Nurse Specialist, this outlines bladder and bowel symptoms during the menopause and what can be done about them.

**@RockMyMenopause** want you to share your #PelvicFloorFace on social media, as well as explaining how to find your pelvic floor muscles and how to improve them. <https://rockmymenopause.com/pelvic-floor-face/>

The **NHS** page [What are pelvic floor exercises?](http://www.nhs.uk/common-health-questions/lifestyle/what-are-pelvic-floor-exercises/) explains how to find your pelvic floor muscles and start exercising.

The **International Urogynecological Association** (IUGA) have leaflets on lots of menopause related topics including one on Pelvic Floor Exercises [www.yourpelvicfloor.org/media/Pelvic Floor Exercises RV2-1.pdf](http://www.yourpelvicfloor.org/media/Pelvic_Floor_Exercises_RV2-1.pdf)

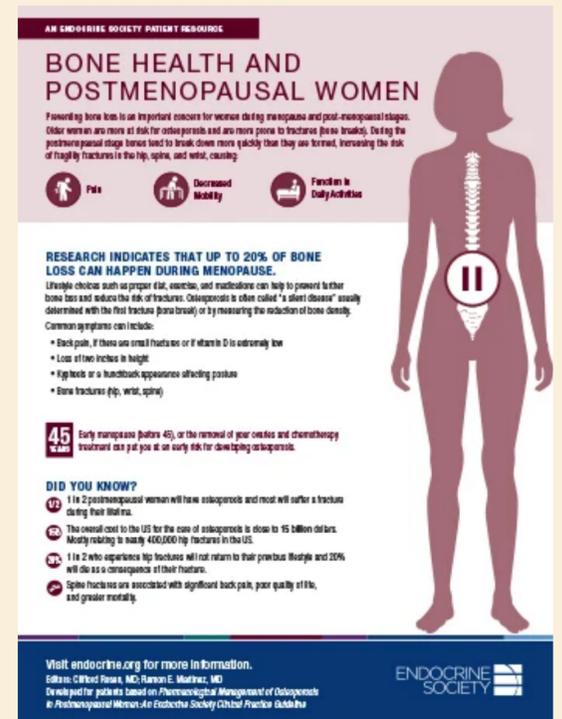
To read it in other languages or find other topics try [www.yourpelvicfloor.org/leaflets/](http://www.yourpelvicfloor.org/leaflets/)



# Osteoporosis

The menopause can significantly speed up bone loss and contribute to osteoporosis. Find out more on the **Endocrine Society's** Menopause and Bone Loss page [www.endocrine.org/patient-engagement/endocrine-library/menopause-and-bone-loss](http://www.endocrine.org/patient-engagement/endocrine-library/menopause-and-bone-loss), or click on the image for a fact sheet.

The **Royal Osteoporosis Society** ask "What's the menopause got to do with osteoporosis?" and explain how diet and exercise are crucial. <https://theros.org.uk/blog/2021-03-22-what-s-the-menopause-got-to-do-with-bone-health/> There is also a 3 minute risk factor checker to find out if your other conditions or family history might be increase your osteopotosis risk. <https://theros.org.uk/risk-checker/>



**Dr Louise Newson** is a GP and Menopause specialist and their podcast is dedicated to perimenopause and menopause issues. Try No.200- Osteoporosis: how to protect your bones during menopause and beyond. <https://thedrlouisenewsonpodcast.podbean.com/e/200-osteoporosis-how-to-protect-your-bones-during-menopause-and-beyond/>

## Show your heart some love

The risk of coronary heart disease increases following the menopause due to the decline in the level of oestrogen which helps to control cholesterol and the build up fat in arteries. Learn more about the relationship between the menopause and cardiovascular health from the **British Heart Foundation** and how lifestyle changes can help lower your risk

[www.bhf.org.uk/information-support/support/women-with-a-heart-condition/menopause-and-heart-disease](http://www.bhf.org.uk/information-support/support/women-with-a-heart-condition/menopause-and-heart-disease) You'll find lots of suggestions on how to make small, gradual changes ranging from increasing physical activity to healthier food swaps and ways to reduce alcohol. As a bonus some lifestyle changes help control the symptoms of the menopause too!

The **British Nutrition Foundation** has a useful round up of the importance of nutrition for heart and bone health.

[www.nutrition.org.uk/life-stages/women/menopause/reducing-health-risks-after-the-menopause-with-nutrition-and-diet/](http://www.nutrition.org.uk/life-stages/women/menopause/reducing-health-risks-after-the-menopause-with-nutrition-and-diet/)

There are many benefits to upping your physical activity during the perimenopause and beyond. GP Dr Lindsey Thomas has advice on the **Menopause Charity** website [www.themenopausecharity.org/2021/04/24/exercise-advice/](http://www.themenopausecharity.org/2021/04/24/exercise-advice/)



## Manager's Corner

To mark World Menopause Day on 18 October 2023 **NHS Employers** have created a webpage outlining why the menopause is an important issue for the NHS and resources to help managers and staff they support [www.nhsemployers.org/news/world-menopause-day-18-october-2023](https://www.nhsemployers.org/news/world-menopause-day-18-october-2023)

In a programme launched by the **British Menopause Society** in partnership with ITN Business for World Menopause Day you can hear from organisations with supportive menopause culture and policies: "Menopause: Misinformation and Management"

[www.youtube.com/watch?v=3KO9UF5zsVQ](https://www.youtube.com/watch?v=3KO9UF5zsVQ)

The full programme is 40 minutes but you can dip in and out of the films of each organisation featured via the ITN Business Menopause: Misinformation and Management Microsite:

<https://business.itn.co.uk/programmes/menopause-misinformation-and-management/>

Finally just a reminder of how to record menopause as a reason for sickness on **ESR**.

Choose the primary reasons for the sickness absence, then under the **Related Reason** field, record **Menopause**. Find out more with this handy guide from ESR-

<https://my.esr.nhs.uk/dashboard/web/esrweb/browse-content/-/document library/7FXjBv5vbrZX/view file/1079292912>

## Smoking



We all know the risks involved with smoking, and it will be no surprise to hear that smoking can have a detrimental effect on people experiencing the menopause. Women who smoke are at increased risk of premature menopause, and it can mean that you experience more severe menopause symptoms. This 2022 blog post from the **Institute of Public Health in Ireland** explains more-

[www.publichealth.ie/blog/blog-taking-mystery-out-menopause-and-smoking](https://www.publichealth.ie/blog/blog-taking-mystery-out-menopause-and-smoking)

**Balance**'s article '**Menopause and smoking: What you need to know**' looks at the evidence behind smoking and the menopause. [www.balance-menopause.com/menopause-library/menopause-and-smoking-what-you-need-to-know/](https://www.balance-menopause.com/menopause-library/menopause-and-smoking-what-you-need-to-know/)



Colleagues looking to **stop smoking** can access support and advice via the Extranet or on the wellbeing resource at <https://r1.dotdigital-pages.com/p/2VZG-A11/i-would-like-advice-on-how-to-lead-a-healthy-lifestyle>

At GEH find out more at-

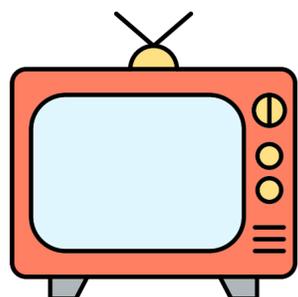
<https://extranet.geh.nhs.uk/staff-information/health-and-wellbeing/smoking-advice-staff>

NHS staff can download a **Stop Smoking app** for free that's found at [www.nhs.uk/better-health/](https://www.nhs.uk/better-health/)

# ME TIME

## Take some time out for you!

Grab a cuppa, get comfy and check out our menopause suggestions to entertain, educate and empower.



**The Change**- 6 part comedy from Bridget Christie on Channel 4. Linda finds a new lease of life when she learns that she's experiencing menopause. [www.channel4.com/programmes/the-change](http://www.channel4.com/programmes/the-change)

Olympian **Dame Kelly Holmes** talks to the **Guardian** about the link between the menopause and sleep disturbance and her struggle to cope with this menopause symptom.

<https://www.theguardian.com/society/2023/oct/08/its-not-a-nice-way-of-living-kelly-holmes-on-her-struggle-with-menopause-insomnia>



The menopause episode of the **Midpoint podcast** pulls together menopause related chats from **Gabby Logan's** popular podcast.

<https://shows.acast.com/the-midpoint-with-gabby-logan-1/episodes/the-menopause>

**We need to talk about the LGBTQ menopause experience.** An article discussing the need for inclusivity in menopause and perimenopause issues from **Good Housekeeping**. [www.goodhousekeeping.com/uk/health/a35227597/lgbtq-menopause-experience/](http://www.goodhousekeeping.com/uk/health/a35227597/lgbtq-menopause-experience/)



## Further reading

**Books available to borrow or reserve from your Trust library**

Click on the title to view the online library catalogue or visit [www.healthlibrariesmidlands.nhs.uk/](http://www.healthlibrariesmidlands.nhs.uk/)

Adams, K and Allen, V, (2021) *Still hot: 42 brilliantly honest menopause stories*. Edinburgh: Black and White Publishing.

Coveney, P. (2021) *Menopause yoga: a holistic guide to supporting women on their menopause journey*. London: Singing Dragon.

Frostrupp, M. (2022) *Cracking the menopause. While keeping yourself together*. Basingstoke: Bluebird.

McCall, D. (2022) *Menopausal: the positive roadmap to your second spring*. London: Harper Collins.

Newson, L. (2023) *The definitive guide to the perimenopause and menopause*. London: Yellow Knife.



# Andropause



Just a note to let you know that we'll be including information and guiding you to evidence and resources on the andropause or male menopause in future newsletters, kicking off with a special newsletter edition next month, November 2023. There's not a huge amount of reliable information available on andropause, but we'll do our best to find what's out there for you!

A recent Italian systematic review looks at the effect of occupational factors on the menopause and andropause. Read more here- Martelli, M. *et al* (2021) '**Influence of work on andropause and menopause: A systematic review**', *International journal of environmental research and public health*, 18(19) . Available at: <https://pubmed.ncbi.nlm.nih.gov/34639376/>

You may require an Open Athens password to view this article, please register for free at <https://openathens.nice.org.uk/>



Mian, A.H. *et al.* (2022) '**Current management and controversies surrounding andropause**', *The Urologic clinics of North America*, 49(4), pp.583-592. Available at: <https://pubmed.ncbi.nlm.nih.gov/36309415/> Contact the library for a copy of this article discussing the relevant controversies around andropause, diagnosis and treatment.



## Support for you

For more information about menopause and andropause support within the Trusts please contact the Staff Health and Wellbeing Team

Email: [hwb@swft.nhs.uk](mailto:hwb@swft.nhs.uk)  
Twitter: @GEH\_SWFT\_HWB



A photograph of four diverse women of various ages and ethnicities smiling and posing together. They are wearing colorful, patterned clothing and jewelry. The background is a soft, out-of-focus green.

**Have your say on Menopause  
support services in Warwickshire**

We want to hear your experience of care  
during the menopause and perimenopause

**To complete the  
survey scan the  
QR code or call  
us before  
January 1st**



**healthwatch**

**Warwickshire**

Telephone: 01926 422 823

[www.healthwatchwarwickshire.co.uk](http://www.healthwatchwarwickshire.co.uk)