

English

Simplified Chinese (Mandarin) / 简体中文

Menopause – overview

Menopause is when a woman stops having periods.

Menopause means ‘the last menstrual period’. It’s not only those who identify as women who will experience menopause. Some transgender men, non-binary people and intersex people or people with variations in sex characteristics may also experience menopause.

Menopause is a natural event and transition that women experience, however, the timing and symptoms are different for everyone. You can look at your family history to get an idea of when you might go through it. It’s likely to be a similar age to when your mother or older sisters started theirs.

Menopause can also occur due to certain surgeries or cancer treatments. This can sometimes cause symptoms to be more sudden and in some cases more severe.

绝经——概述

绝经是指女性月经停止，表示“最后一次月经”结束。不仅传统定义上的女性会经历绝经，一些变性男性、非二元性别者、双性人或性特征变异者也同样会经历绝经。

绝经是女性自然会经历的事件和转变，但每个人发生的时间和症状不尽相同。通过查阅家族史，您可以了解大概发生时间。您经历绝经的年龄很可能与您的母亲或姐姐相似。

某些手术或癌症治疗也可能导致女性绝经。这种情况下，有时会突发绝经症状，某些病例的症状更严重。

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| <p>Perimenopause is the time from the start of menopausal symptoms until after a woman has experienced her last period. Periods will usually start to become less frequent over a few months or years before they stop altogether. They might be more irregular and become heavier or lighter. For some women, they can stop suddenly.</p> <p>Postmenopause is the time after a woman experiences her last period. A woman is said to be postmenopausal when she has not had a period for 12 months.</p> <p>Perimenopause and menopause are a natural part of a woman's life course and usually occur between the ages 45 and 55 years of age, as a woman's oestrogen levels drop (although it can start earlier). In the UK, the average age for a woman to reach menopause is 51.</p> <p>Life doesn't have to be put on hold because of menopause. There's a lot that can be done to help manage symptoms, including making healthy lifestyle choices, trying different treatments and seeking support from healthcare professionals.</p> | <p>围绝经期是指女性出现绝经症状之时起至末次月经结束之后一段时间止。在完全停经之前的数月或数年内，月经频率通常会逐渐下降。月经周期可能会越来越不规则，月经量会增多或减少。一些女性可能突然停经。</p> <p>绝经后期是指女性末次月经结束之后的一段时间。如果停经12个月，即定义为进入绝经后期。</p> <p>围绝经期和绝经期是女性自然生命历程中的一部分，通常发生于45-55岁，此时雌激素水平开始下降（也可能更早）。英国女性的平均绝经年龄为51岁。</p> <p>不必因绝经而影响正常生活，可以采取很多症状管理措施，包括选择健康的生活方式、尝试不同的治疗方法以及向医疗保健专业人员寻求帮助。</p> |
| <p>Symptoms of menopause</p> <p>Most women will experience menopausal symptoms. Some women will experience no, or few, symptoms. But for some,</p> | <p>绝经症状</p> |

they can be quite severe and have a significant impact on everyday life.

The first sign of menopause is usually a change in the normal pattern of your periods. You may start having either unusually light or heavy periods.

The frequency of periods may also be affected. They may occur every two or three weeks, or they might not occur for months at a time. Eventually, periods will stop altogether, although for some women other menopause symptoms may continue.

Some women can start experiencing symptoms such as migraines, irritability and low mood especially around the period time, without seeing irregularity in periods.

There are many menopausal symptoms and symptoms can differ between individuals. Some of the most common symptoms include:

- 'brain fog' and memory issues
- difficulty sleeping
- fatigue
- hot flushes
- joint aches

大多数女性会出现绝经症状，而一些女性没有症状或症状很轻微。

但是，一些女性的绝经症状可能很严重，并且严重影响日常生活。

最早的绝经期表现通常是月经模式出现变化，月经量可能开始变得异常多或异常少。

月经间隔时间也可能受到影响。可能间隔2或3周，也可能间隔数月，直至最终完全停经。但是一些女性的其他绝经症状可能仍持续。

一些女性最开始可能经历偏头痛、易暴躁和情绪低落等症状，尤其在临近月经期时这些症状更明显，但月经周期仍规则。

女性可能出现多种绝经症状，具体症状因人而异。一些最常见的症状包括：

- “脑雾”和记忆力下降
- 睡眠困难
- 疲乏
- 潮热

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| <ul style="list-style-type: none"> • loss of sex drive (libido) • low mood or anxiety • migraine • night sweats • vaginal dryness or pain <p>Further information about the symptoms of menopause</p> | <ul style="list-style-type: none"> • 关节疼痛 • 性冲动 (性欲) 减退 • 情绪低落或焦虑 • 偏头痛 • 盗汗 • 阴道干燥或疼痛 <p>有关绝经症状的更多信息</p> |
| <p>Causes of menopause</p> <p>Menopause is caused by a change in the balance of the body's hormones, which occurs as you get older. Premature or early menopause can occur at any age and, in many cases, there's no clear cause.</p> <p>Menopause happens when the ovaries stop producing as much of the hormone oestrogen and no longer release an egg each month.</p> <p>Menopause can also occur when a woman's ovaries are affected by certain treatments such as chemotherapy or</p> | <p>绝经的原因</p> <p>随着女性年龄增长，体内激素平衡状态发生改变，从而导致绝经。</p> <p>任何年龄的女性都可能出现过早绝经或绝经提前，多数情况下没有明确病因。</p> <p>如女性卵巢不再分泌同样水平的雌激素，并且每月不再排卵，则表明进入绝经期。</p> |

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| <p>radiotherapy, or when the ovaries are removed, often at the time of a hysterectomy.</p> <p>Further information about early and premature menopause</p> | <p>如因某些治疗（如化疗或放疗）伤及卵巢，或因子宫切除手术卵巢被摘除，也会导致绝经。</p> <p>有关过早绝经和绝经提前的更多信息</p> |
| <h3>Treatments for menopausal symptoms</h3> <p>It's important to get healthcare advice around menopause treatments so that you can make the decisions that are best for you.</p> <p>If you or someone you know does need help to manage symptoms, support can be accessed through your GP practice.</p> <p>Your healthcare professional can talk to you about treatments and work with you to explore lifestyle changes if you have menopausal symptoms that you feel are interfering with your day-to-day life. These include:</p> <ul style="list-style-type: none">• hormone replacement therapy (HRT)• vaginal oestrogen preparations, lubricants or moisturisers for vaginal dryness• cognitive behavioural therapy (CBT)• eating a healthy, balanced diet and exercising regularly | <h3>绝经症状的治疗方法</h3> <p>应向医疗保健专业人员咨询绝经症状的治疗建议，从而能制定最佳的个人化的治疗方案，这一点很重要。</p> <p>如果您或您认识的人需要帮助来管理症状，您可以咨询当地GP诊所。</p> <p>如果您的绝经症状影响了日常生活，医疗保健专业人员将与您一起讨论治疗方法，帮助您做一些改变生活方式的尝试。这些治疗方法包括：</p> <ul style="list-style-type: none">• 激素替代疗法 (HRT)• 缓解阴道干燥的阴道用雌激素制剂、润滑剂或保湿剂；• 认知行为疗法 (CBT) ； |

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| <ul style="list-style-type: none"> • taking supplements such as vitamin B6 and vitamin D <p>Further information about treating the symptoms of menopause</p> | <ul style="list-style-type: none"> • 摄入健康均衡饮食和规律运动； • 摄入补充剂，如维生素B6和维生素D。 <p>有关治疗绝经症状的更多信息</p> |
| <p>Menopause and day-to-day life</p> <p>Menopausal symptoms can sometimes be severe and they could impact day-to-day life. There is help available if you need it.</p> <p>Sometimes it can feel hard to talk about menopause and the symptoms you're experiencing.</p> <p>Hear from other women in Scotland, discussing their experiences with menopause</p> <p>Speaking to other women about menopause online or in real life can really help. There might be Menopause Cafes near you or other local groups where you can hear other women's stories, and share your own.</p> | <p>绝经期和日常生活</p> <p>有时，绝经症状可能严重到影响日常生活。如果您需要，请务必寻求帮助。</p> <p>有时，女性对于绝经和经历的绝经症状难以启齿。</p> <p>您可以聆听Scotland其他女性如何讨论她们的绝经期经历。</p> <p>同其他女性线上或线下交流绝经期经历真的很有帮助。您也可以去附近的Menopause Cafes或参加当地其他团体，聆听其他女性的故事，或分享您的故事。</p> |
| <p>Mental wellbeing</p> <p>Menopause can have an effect on your mental health and wellbeing. Some of the symptoms might include irritability,</p> | <p>心理福祉</p> |

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| <p>depression and anxiety. Lack of sleep caused by menopause can also have an impact on a person's mood and how they feel.</p> <p>If you or someone you know is suffering from any of these symptoms and it's having an impact on day-to-day life, discuss it with someone from your local GP practice and they can help you get the support you need.</p> <p>Further information about mental wellbeing during the menopause</p> | <p>绝经可能影响女性的心理健康和福祉。一些绝经症状可能包括易暴躁、抑郁和焦虑。女性因绝经引起的睡眠缺乏也可能影响情绪和感受。</p> <p>如果您或您认识的人出现了上述任何症状，并且影响了日常生活，请同当地GP诊所的医疗保健专业人员说明情况，他们可以提供帮助。</p> <p>有关绝经期心理福祉的更多信息</p> |
| <p>Workplace</p> <p>Some people find it hard to manage menopause symptoms at work. It's important to remember that the menopause is a normal time in women's lives and that support should be available to help you feel comfortable at work.</p> <p>Further information about menopause in the workplace</p> | <p>工作场所</p> <p>一些女性发现在工作时难以管理绝经症状。重要的是请记住：绝经期是女性生命过程中自然经历的一段时期，应向这些女性提供帮助，使她们工作时感到心情舒畅。</p> <p>有关绝经期女性在工作场所的更多信息</p> |
| <p>Sex and relationships</p> | <p>性与亲密关系</p> |

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| <p>Menopause symptoms such as vaginal dryness or pain, reduced sex drive or discomfort during penetrative sex might have an impact on your sex life and relationships.</p> <p>There are treatment options available that might help ease or manage some of these symptoms. It might also be helpful to discuss how menopause is affecting you with your partner. By helping them have an understanding of what you're experiencing, they'll be more aware of how they can support you.</p> <p>Further information about sex and intimacy during menopause</p> | <p>绝经症状如阴道干燥或疼痛、性冲动减退或性行为不适，可能影响女性的性生活和亲密关系。</p> <p>有几种治疗方法选择，有助于缓解或管理上述某些症状。此外，与您的伴侣讲述绝经期对您产生的影响，同样有帮助。伴侣了解您的绝经期经历后，能更深刻地意识到如何给予支持。</p> <p>有关绝经期性与亲密关系的更多信息</p> |
| <p>Supporting someone through menopause</p> <p>If you know someone around you is going through menopause, you can let them know that you're there to support them. Ask them what you can do to help, or just ask them how they're feeling. People might not always feel comfortable discussing all of their symptoms, but it's still important to let them know you're there for them.</p> <p>Further information about how to support someone through menopause</p> | <p>支持她们度过绝经期</p> <p>如果您认识的人正经历绝经期，您可以告诉她们，您可以提供帮助。您可以询问她们，您能做什么，或者仅仅是询问她们的感受。尽管绝经期女性在讲述自己经历的症状时可能感到不自在，但让她们知道您会提供帮助，这很重要。</p> <p>有关如何支持她们度过绝经期的更多信息</p> |

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| For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese-simplified | 若需了解波兰语版的更多信息，请访问： www.nhsinform.scot/translations/languages/simplifiedchinese |
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