



Hi there,

We've all heard of the hot flushes, night sweats and irritability symptoms associated with menopause. But some of the lesser-known symptoms, like vertigo, itchy skin, thinning hair and difficulty staying asleep, can be just as troublesome.

This week, we explore some of the symptoms of menopause and offer tips to manage them.

What's causing my symptoms?

As women's hormone levels fluctuate, particularly the decline in oestrogen and progesterone, it's not uncommon to experience a range of unpleasant side effects.

But symptoms can also vary depending on your stage of life and overall health and wellbeing. Symptoms range from physical – joint pain, itchy skin, vaginal dryness – to mental – anxiety, mood swings, difficulty concentrating.

Symptoms can also be interrelated, for example, poor sleep can affect mood, as well as cause brain fog and difficulty concentrating, while hot flushes and night sweats can affect your ability to sleep.

Tips to manage symptoms

There are a range of different approaches to managing menopausal symptoms, including:

- **Eating a balanced diet** rich in fruits and vegetables, for fibre and antioxidants; protein, to help maintain muscle mass; omega-3

fats, for brain health; low-GI wholegrains, to maintain blood sugar levels; and calcium-rich dairy, for bone strength. Meanwhile, avoiding caffeine, spicy foods and alcohol can help minimise hot flushes.

- **Regular exercise**, including a mix of cardio, for heart health and overall fitness; strength training, to maintain muscle mass; and stretching, yoga and Pilates, for mobility.
- **Stress-reduction practices**, such as meditation and nose breathing, can help with mood disorders, including anxiety, and can assist you to get a better night's sleep, which can help with other symptoms.

Watch our
**nose breathing
tutorial**



Read our article to learn more on menopause symptoms and tips to manage them. We'll also explore some of the above topics in more detail over the coming weeks.

Time to sleep

Getting a good night's sleep, particularly deep REM sleep, is vital for a number of reasons, including bone growth, cell repair, muscle development and memory processing. It also promotes a better mood during wakefulness, which can ease symptoms of anxiety and depression.

Your environment and nightly routine can affect the quality of your sleep. Tips to promote restful sleep include limiting electronics before bed, keeping your room temperature to around 15.6–19.4°C, which can aid with hot flushes and night sweats, and having a consistent bedtime.

Supplements such as magnesium glycinate may also be helpful. Speak to your health professional before starting any supplement regime.

Learn more about the stages and benefits of sleep.

Hormone replacement therapy

Hormone replacement therapy (HRT), also known as menopause hormone therapy (MHT), can be a useful aid in the symptom-management toolkit. Oestrogen and progestogen are the main

hormone drugs used in HRT.

There are many different types of medications you may be prescribed. It's worth checking with CBHS if you can claim any of your script back on your Extras cover. Of course, we always recommend speaking to your GP or specialist to discuss whether this avenue is suitable for you. Your GP may also recommend other treatments to help you manage symptoms.

Further reading & useful resources

- NSW Government [menopause toolkit and symptom checklist](#)
- The Australasian Menopause Society [HRT factsheet](#)
- [The Royal Women's Hospital](#) menopause overview
- [The Victorian Government Better Health Channel](#) menopausal hormone therapy factsheet

Coming up...

Next week, we explore the hormone-nutrition connection and how to eat for optimal hormone health, plus our resident dietitian Meg shows us how to make a healthier, yet delicious, version of the viral 'Big Mac' tacos!

Yours in good health,

Team CBHS Health

Sources:

<https://www.healthdirect.gov.au/hot-flushes-due-to-menopause>

<https://www.cbhs.com.au/mind-and-body/blog/the-a-zzzzzs-of-sleep-your-guide-to-sleeping-soundly>

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