



Creating Menopause Vitality!



What's happening to me?

There are many changes that are happening to our body as we age. Menopause is the gateway to aging and it occurs when we have had no periods for one whole year. Perimenopause is the 4 to 8 year period before that when our body gives us notice in the form of symptoms that our reproductive phase of life is coming to an end.

Health impacts

A life with very low oestrogen and progesterone has health impacts. This combined with our personal lifestyle and family history means that we are more predisposed to disease onset. Women often react on symptoms but commonly there are things happening inside of our body that are silent. The forms below address risk factors for the silent diseases and dysfunction as well as the things you may feel.

Lifestyle matters

There is so much you can do to stay well, in control and have good quality of life to do the things you want to do. Perimenopause is a great time to start looking after your health. Personal guidance with Lynda a Menopause Specialist Nurse (with 30 years' experience in healthcare) will keep you motivated, educated and accountable to make lifestyle changes to improve your health. Lynda's experience in NZ and British hospitals is what drives her to keep women well as they age. It is far better to prevent than treat.



PERIMENOPAUSE SYMPTOMS – Present when your ovaries give you a 4 to 8 year notice period they are leaving their job. During this notice period you may experience the perimenopausal symptoms below. 20% of women will feel some of these symptoms into their 70-80's. Help is available!

Tick the box that describe the intensity of the symptom. Symptoms that you mark as moderate to severe need treatment as they are affecting your daily function and wellbeing. I can talk you through the options and provide lifestyle advice to relieve symptoms. Other treatments include HRT, medication, cognitive behavioural therapy.

Symptoms	Mild	Moderate	Severe
Hot Flashes			
Lightheaded			
Night sweats			
Headaches			
Irritability			
Depression			
Unloved feelings			
Anxiety			
Mood Changes			
insomnia			
Unusual tiredness			
Backache			
Joint pains			
Muscle Pains			
New facial hair			
Dry Skin			
Crawling feeling under the skin			
Less sexual feelings			
Dry Vagina			
Uncomfortable Intercourse			
Urinary frequency			
Breast Tenderness			
Weight distribution changes			
Heart palpitations			
Irregular periods			
Heavy periods			
Painful periods			
Increase in UTI			

Pelvic Floor Risk Factors

Risk Factors	Yes/No
Have you had been pregnant?	
Have you recently or ever had a baby?	
Are you going through Menopause?	
Have you ever had gynae surgery?	
Have you had a hysterectomy?	
Have you had your ovaries removed?	
Are you an active exerciser?	
Do you have a history of lower back pain?	
Have you injured your pelvis?	
Have you had radiation to your pelvis?	
Have you had a chronic cough or sneeze?	
Do you suffer with respiratory illnesses?	
Do you strain on the loo or tend to become constipated?	
Are you overweight?	
Do you regularly lift heavy weights in your job or at the Gym?	



NB: If you answered yes to any of the questions at left, you have a higher risk of pelvic floor issues, for example prolapse or urinary incontinence. It's never too late to recover from childbirth. Pelvic floor issues can get worse with age.

What came up for you? I can help call Lynda on 021336901.

Birth history risk factors

Risk Factors	Yes/No
Have you had 2 or more babies and not seen a pelvic health professional?	
Did you have a forceps or ventouse delivery	
Did you have a 3 rd or 4 th degree tear?	
Was the birth weight of your baby over 4kg?	
Were you pushing for a long time?	
Did the baby get stuck in the birth canal?	

See Lynda if you are experiencing these things.

Symptoms	Yes/No
Do you have a sensation of heaviness or dragging around your vagina?	
Do you sometimes not make it to the loo in time?	
Do you experience leaking of urine during coughing sneezing, laughing, jumping or running?	
Do experience and urgency to pee or poo?	
Have you had any sexual pain or discomfort?	
Do you have any vulval pain, itching or dryness?	
Do you have any unusual discharge?	
Recurrent UTI's	



LIFESTYLE MATTERS

Score yourself below on these crucial pillars that help us to feel better each day and prevent disease in the future. In the boxes below score yourself 1 for not managing this well to 10 managing this very well.

Lifestyle Pillars	Score
Consistently getting between 7-9 hours sleep at night	
Actively eating a heart healthy diet, applying elements of the mediterranean diet to your meals.	
Fostering regular social connection	
Actively participating in 2-3 sessions of weight training & a minimum of 30 mins walking 5 times per week.	
Reducing or removing alcoholic drink consumption. Stopping smoking, vaping or recreational drug use.	
Actively reducing daily stressors. Taking steps to reduce the effects of childhood or past trauma.	

NB: Behaviour change requires coaching until a lifestyle habit is formed. This can take 3-6 months. Your health matters. Lynda a Menopause Specialist Nurse with 30 years health and fitness experience is your personal coach to keep you on track. She's nursed so much disease and is now a mission to keep you well and out of hospital!

Join the Lady Talk MENOPAUSE VITALITY PROGRAMME that sorts your menopausal symptoms, pelvic floor function and lifestyle leaving you able to lead your best years yet in post menopause. Lynda's services are available in Wellington or Nationwide on zoom email hello@lyndalovattladytalk.co.nz or phone 021336901.

