

# Menopause:

## A visual resource

In support of the  
Scottish Government's  
Women's Health Plan



The Health and Social Care Alliance Scotland (the ALLIANCE) hosted a series of webinars on the topic of menopause. These sessions covered various aspects of menopausal experiences, and the different areas of life that menopause may impact. These sessions were run in partnership with the Scottish Government, and in support of the Scottish Government's Women's Health Plan.

This booklet brings together three graphic resources that were produced to summarise the discussions of each webinar. The graphics present central points raised by panellists, as well as key themes identified by audiences. The graphics were created by Clare Mills of Listen Think Draw.

In this booklet you will find graphics related to:

- **Menopause Mythbusting**
- **Menopause and the Workplace**
- **Menopause, Sexual Wellbeing and Relationships**

## How can you use this visual resource?

- Learn more about menopause, including symptoms, treatments and adjustments
- Share the graphics with friends, family and colleagues to help them understand your menopausal experience, and help you to vocalise your symptoms and what support you might need
- Use as conversation points with a group – whether that be of friends, an employee network, a peer support group, or community group
- Share on social media to raise awareness of menopausal experiences and keep the conversation going

Join our mailing list:

 [whp@alliance-scotland.org.uk](mailto:whp@alliance-scotland.org.uk)

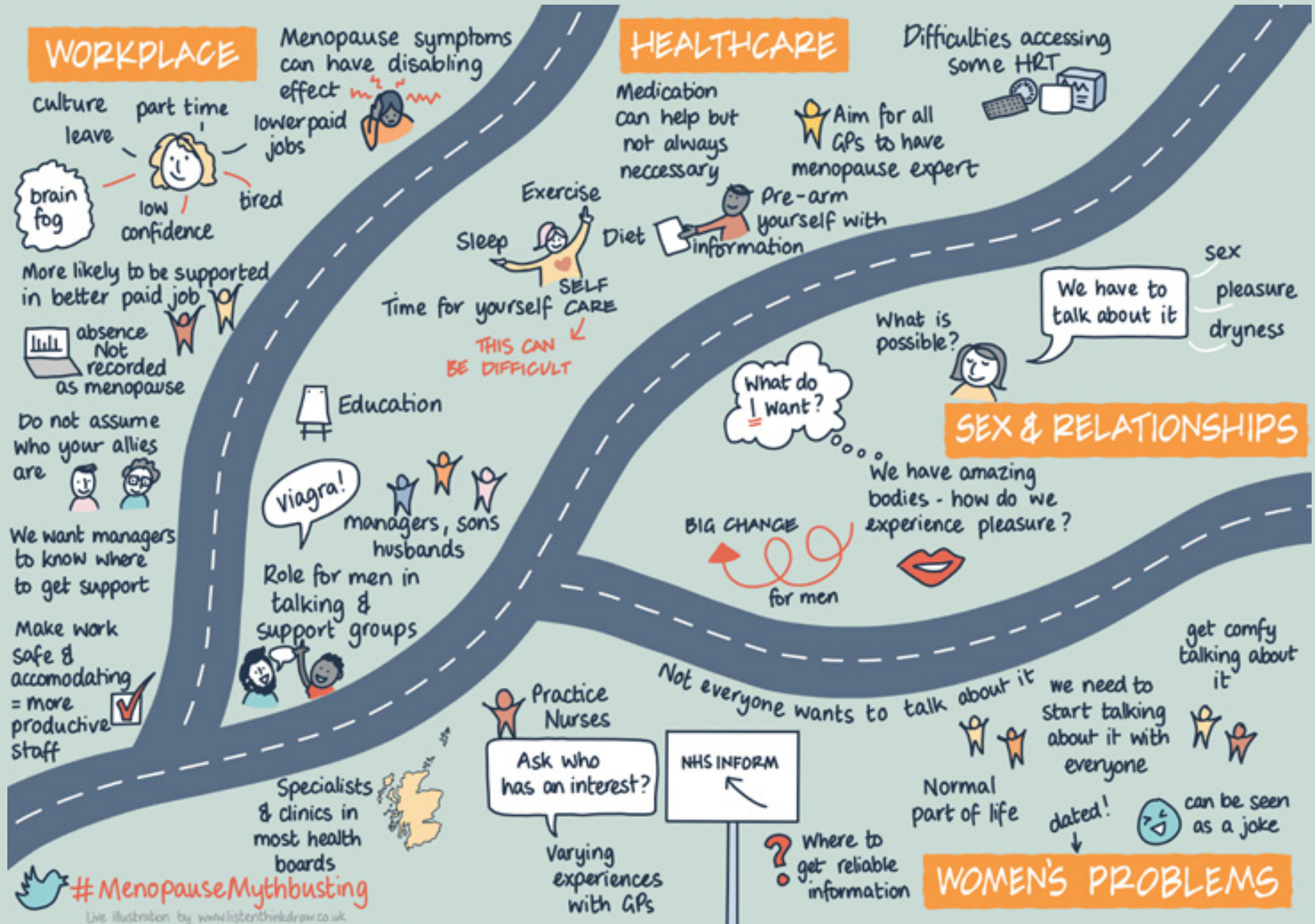
Follow and tag us on social media:

 [@ALLIANCEscot](https://twitter.com/ALLIANCEscot)  [The ALLIANCE](https://www.linkedin.com/company/the-alliance)

For more information on menopause see NHS Inform:

 [nhsinform.scot/healthy-living/womens-health](https://www.nhsinform.scot/healthy-living/womens-health)

# Menopause Mythbusting



# Menopause and the Workplace

## MENOPAUSE 101

Menopause = the last menstrual period (12 months with no periods)  
 Perimenopause = time experiencing symptoms until the last period  
 Post menopause = after the last period

Menopause may occur naturally or be triggered by surgery or treatment for health conditions, such as cancer

45-55 is the usual age range  
 Symptoms last approximately 7 years  
 There are many symptoms, including hot flushes, night sweats, anxiety, brain fog and more

We want a real change in Scotland - it's more than policies

We need to broaden the evidence base. What we know is based on office type work. We need more data on:  
 \* Non office based work  
 \* Women of colour  
 \* Small - medium enterprises  
 \* Women with disabilities

Many treatments:

- ✓ non hormonal
- ✓ hormone replacement (HRT)
- ✓ lifestyle choices

Long term increased risks:

- ⇒ heart attack
- ⇒ stroke
- ⇒ osteoporosis
- ⇒ vaginal dryness

www.menopausematters.co.uk  
 www.NHSinform.scot/womens-health

## STEPS TO EFFECTIVE MENOPAUSE SUPPORT



## PUTTING MENOPAUSE POLICIES INTO PRACTICE

An example from NHS Ayrshire & Arran



## MENOPAUSE & THE WORKPLACE



## MENOPAUSE & THE WORKPLACE

# Menopause, Sexual Wellbeing & Relationships

## MENOPAUSE, SEXUAL WELLBEING & RELATIONSHIPS

Responsive desire



...when I get going, I enjoy it. This is normal

- ★ CHOOSE
- ★ PRIORITISE
- ★ MAKE TIME

**PUT YOUR BODY IN THE BED**

## LIBIDO

Sexual excitation system

Stress

We need to manage our life



Libido will never win - the brain always chooses stress system

Work

Caring

Home

Children

Relationships

## WHAT'S GOING ON



in pants won't stop like other menopause symptoms can

Atrophy = dying off of tissues due to a lack of oestrogen

Drying up - IT IS HAPPENING

It happens to our eyes too

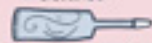


- It doesn't feel right
- It takes me longer to orgasm
- It's sore
- My clitoris is shrinking
- It's uncomfortable
- I keep treating myself for thrush

1 Lubrication is a GAME CHANGER



2 Non-hormonal methods moisturise



3 Local vaginal oestrogen

Absorption of oestrogen to rest of the body is incredibly small

Can have on its own or with HRT

some people who have been advised they can't have HRT can have this

## CONFIDENCE

Partner wants to support & help

DO THIS FIRST

Internal work



Your partner would be horrified if they knew they were hurting you

**BE HONEST**

I am who I am  
I know what I want  
do you know?

TALK What do you like?

What puts the brakes on?



Full sex isn't vagina and penis  
**it's pleasure**  
What feels good right now?



Lets have a pleasure adventure

It takes time to arouse the vagina

## IT'S ALL NORMAL



Bladder incontinence

- ★ Stress
- ★ Latchkey

Discharge can change

- ↳ Watery
- ↳ Thick

Vaginal flora

PH value changes  
bugs grow  
urinary tract infections

**It's all normal**

Please take some action

[www.menopausecafe.net](http://www.menopausecafe.net)

[www.nhs.uk/healthyliving/womens-health](http://www.nhs.uk/healthyliving/womens-health)

[www.pleasurepossibility.com](http://www.pleasurepossibility.com)



My mojo has left the building

You lose so much confidence in yourself

Absolutely your body feels broken

And you feel undesirable

You think you are broken

# Notes

## Menopause Mythbusting

This webinar explored various aspects related to menopausal experience, and how we can support everyone who is experiencing menopause to move through this period more positively.

Panel: Rachel Weiss (Menopause Café), Dr Claire Macaulay (Menopause and sexual wellbeing expert), Professor Kat Riach (University of Glasgow), Dr Heather Currie (NHS Dumfries and Galloway), Dr Sigi Joseph (NHS Lothian)

## Menopause and the Workplace

This webinar explored the impact that menopause can have within the workplace, effective support that can be put in place by employers, and an example of putting menopause workplace policy into practice.

Panel: Professor Kat Riach (University of Glasgow), Dr Katrin Bjornsson (NHS Ayrshire and Arran)

Watch the webinar on Youtube:

<https://youtu.be/qRrYeF4rYaA>

## Menopause, Sexual Wellbeing and Relationships

This relaxed and informal webinar explored what happens during the menopause that can cause changes in people's bodies and sex lives, treatment options to alleviate pain and discomfort, body confidence, having open conversations with partners, and how we can find pleasure.

Panel: Dr Claire Macaulay (Menopause and sexual wellbeing expert)

Watch the webinar on Youtube:

<https://youtu.be/CYFB1bFDcKk>

Find all these webinars and more by scanning the QR code



The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for health and social care. The ALLIANCE has a strong and diverse membership of over 3,500 organisations and individuals. You can find out more on our website:

[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)

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