



# Wellbeing Clinic Newsletter

## Today's Focus: **MENOPAUSE**

***Menopause has recently become a widely discussed topic, among news revealing that one in ten women in the UK left their job due to menopausal symptoms in 2022. It is therefore worth knowing that Traditional Chinese Medicine offers very effective solutions to deal with menopause.***

Menopause occurs when the body's natural ability to produce female hormones - oestrogen and progesterone gradually decreases, until they are no longer secreted, at which time ovulation and periods stop. Signs of menopause may be unpleasant and include irregular periods, bloating, mood swings, headaches, brain fog, hot flushes and joint pains.

### ***Conventional medical treatment available for menopause***

Conventional medicine offers hormone replacement therapy (HRT), which uses female hormones to supplement the body's decreasing natural hormone levels. This therapy is unfortunately not without risks.

Common side effects include feeling sick, indigestion, headaches, migraines, abdominal pains, back pains, vaginal bleeding, bloating, swelling, mood swings and depression. However, the treatment is also associated with more severe side effects such as an increased risk of blood clots and cancer, including breast cancer and ovarian cancer. Also, once the patient starts using HRT, the treatment may need to be continued permanently, since the menopause symptoms tend to return

quickly once the medication is stopped.

### ***How can Traditional Chinese Medicine help with menopause?***

TCM, with its ability to balance the body's natural hormonal levels, is particularly well suited to deal with menopause related issues. The benefits of TCM therapy include:

- **Delaying menopause** – pre-menopausal women can use TCM as a way of delaying menopause and to help their bodies feel and look younger;
- **Management of menopausal symptoms** - TCM therapy is very successful in treating menopausal symptoms. Therapy lasts up to a few weeks and usually the effects are permanent, which means that there is no need for a repeated treatment.

The TCM therapy for menopause is fully natural, consisting of acupuncture, herbal medication and massage. TCM does not cause any discomfort such as this associated with a hormonal therapy and risk of any side effects is minimal. If you would like to find out more about this subject, please feel free to get in touch.

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