

Menopause Transition

The transition is a phase in your life where your periods become irregular and eventually stay away altogether.

The last menstruation is called menopause. Most women get the last menstruation between the ages of 40 and 60. The average age is 51 years. Before and after menopause, there is a period in which the hormones seek a new balance. This period is called the transition. How long the transition lasts is different for every woman. The complaints that women experience during menopause are also different. On average, menopausal symptoms last between 2 and 10 years.

Treatments

Hormone treatment for menopausal complaints

Hormones can help with menopausal symptoms. Irregular periods, hot flashes and night sweats are symptoms associated with the transition and normally go away on their own. Do you suffer a lot from complaints due to the transition? Then you can think about treatment with hormones. For example, if you can no longer do your normal tasks and activities. Or if you sleep poorly and are therefore very tired all the time. Discuss this with your doctor. This can tell you about the different treatments and the advantages and disadvantages.

Treatment of menopausal complaints without hormones

We can treat menopausal complaints with hormones and without hormones. Treatments without hormones are lifestyle change, acupuncture and homeopathy.

The transition is for many women a radical time in their lives. The transition can cause many different complaints. When women experience too much trouble from these complaints, a general practitioner can refer to the transitional consultation hour.

Together with your attending physician, you can choose the treatment that suits you best. The treatment selected depends on your health, the type of complaints you have and how much you suffer from it.

Source: Jeroen Bosch Hospital