

Introduction to Surgical & Medical *Menopause*



Understanding Surgical & Medical Menopause

A Guide to the Differences, Impacts, and Treatments

TO EDUCATE AND RAISE AWARENESS OF THE
DISTINCTIONS AND EXPERIENCES WOMEN FACE
WITH SURGICAL & MEDICAL MENOPAUSE





Defining Surgical Menopause

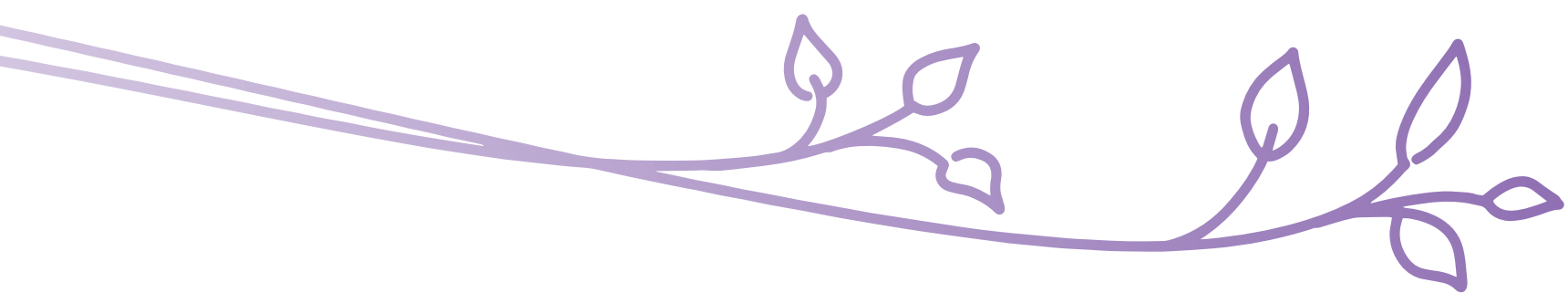
What is Surgical Menopause?

Occurs when a woman's ovaries are removed surgically (oophorectomy), leading to an immediate loss of ovarian hormone production

Often due to cancer, endometriosis or preventative measures (eg. BRCA gene carriers)



Defining Medical Menopause



What is Medical Menopause?

Induced by treatments such as chemotherapy, radiotherapy, or specific medications that suppress ovarian function

Often a result of treatments for cancer or certain chronic conditions like endometriosis



Differences Between Surgical/Medical & Natural Menopause



How Does it Differ from Natural Menopause?

Natural Menopause: Occurs gradually as the ovaries decrease hormone production, typically between the ages of 40–55

Surgical/Medical Menopause: Sudden onset due to surgery or treatments, often occurring earlier in life

Key Differences: Rapid decline in hormone levels in surgical/medical menopause vs. gradual decline in natural menopause, leading to potentially more intense symptoms and different emotional impacts

Coming to Terms with Loss of Fertility



The Emotional Impact of Loss of Fertility

The psychological and emotional challenge of facing the loss of reproductive capacity

Impact on identity, relationships, and future plans, especially for younger women or those hoping to have children

Addressing grief and the importance of empathetic support from healthcare providers and communities



Key Differences Between Surgical & Medical Menopause



Onset

Surgical menopause is immediate, while medical menopause can be gradual or temporary

Symptoms

Both can lead to symptoms like hot flashes, night sweats, mood changes, but the intensity and timing may vary

Duration

Surgical menopause is permanent; medical menopause may be reversible based on treatment



Impact on Women's Health & Wellbeing

How Does it Impact Women?

Physical Effects: Sudden loss of hormones, increased risk of osteoporosis, cardiovascular issues and joint pain

Emotional Impact: Increased risk of anxiety, depression, and changes in sexual health

Quality of Life: Varies based on pre-existing conditions, age, and access to supportive resources

Why Surgical or Medical Menopause?

Why are Women Affected?

Medical necessity due to conditions like cancer, endometriosis, or genetic risks

Life saving treatments or quality of life improvements for severe health issues



The Whole Self Approach

Natural Alternatives & Lifestyle Changes

Embracing a Whole Self Approach to Menopause

Looking at the Whole Self: Importance of considering physical, emotional, and mental wellbeing in treatment approaches

Natural Alternatives: Herbal remedies, acupuncture, and homeopathic options (with professional guidance)

Dietary Changes: Emphasising nutrient dense foods, reducing processed foods and integrating phytoestrogens

Movement and Exercise: The role of strength training, flexibility exercises, yoga, and cardiovascular health in managing symptoms

Mind Body Practices: Meditation, mindfulness, and stress reduction techniques to support overall health



Hormone Replacement Therapy (HRT) As a Treatment Option



Understanding HRT for Medical & Surgical Menopause

Purpose: Restores hormone levels to alleviate symptoms

Types: Oestrogen only, combined (oestrogen and progesterone) and local oestrogen

Benefits: Symptom relief, bone protection, and cardiovascular health

Risks: Considerations for personal health history and specific conditions

If You Are Still Taking Medication or Chemotherapy

Managing Menopause while Undergoing Treatment

Continued Medications: How certain medications may interact with menopausal symptoms and treatments

Chemotherapy: Its role in affecting ovarian function, the timeline of menopause onset, and its potential to exacerbate symptoms

Monitoring & Support: Importance of working closely with medical professionals to manage symptoms effectively while undergoing treatments



Psychological Support & Resources



The Importance of Psychological and Community Support

Emotional and psychological support via therapy and peer groups

Engaging with menopause focused communities for shared experiences

Professional counselling for managing anxiety, depression, and relationship changes



Summary

Surgical and medical menopause can impact women differently but share common symptoms and challenges

Treatment options, both hormonal and non-hormonal, should be tailored to each woman's needs

Emphasise the importance of community and professional support for overall wellbeing

Q & A

