

Top tips for health in the menopause



25%

Of working women report that menopause related symptoms can affect working life and that the average length of menopausal transition can be 4-8 years.

Health and quality of life is so important to us all and includes being able to be our best selves at work.

The good news is there is lots of information available to you. Find out more on [Menopause Doctor](#), [Women's Health & Menopause Matters](#)

- More than 50% of woman can experience pelvic floor changes causing urinary urgency and leakage, urinary tract infections, vaginal discomfort and symptoms of prolapse. These are associated with the physical changes and the lack of oestrogen. Pelvic floor exercises and topical vaginal oestrogens can help. [Find out more](#)
- Try to drink 8 – 10 glasses of fluid (1½ - 2 litres) every day to keep your bladder and bowel healthy. Minimise caffeine, fizzy drinks and alcohol.
- Avoid constipation by drinking regularly, eating a balanced healthy diet including plenty of fibre. Ensure you don't strain to pass a stool. [Find out more](#)
- A healthy diet should include regular meals with 2-3 portions of dairy produce daily, vitamin D supplements during autumn and winter months. Cutting down on saturated fats, caffeine and alcohol will stop weight gain, and reduce hot flushes, irritability and lack of concentration. [Find out more](#)
- Take regular exercise such as walking, cycling or dancing. [Find out more](#)
- A change in sleep pattern is common. Try to keep to a routine and go to bed and get up at the same time.
- Avoid having a TV in the bedroom and do not look at your mobile phone/laptop for 30 minutes before sleeping. Keep your bedroom temperature below 20 degrees centigrade. [Find out more](#)
- If you are struggling to perform your normal role at work, ask your manager to refer you to occupational health.
- Don't suffer in silence. [Find out more about treatment options](#)