

# Menopause 101 with Niki Bezzant

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## What are some treatments to consider?

There are many ways to treat the symptoms of perimenopause. There's no one solution and no magic pill! In general, many of the things we do for our general wellbeing will be useful in managing menopause symptoms as well.



**HRT or hormone replacement therapy** is a well-researched, safe and very effective treatment for the main symptoms of menopause, especially hot flashes, mood and brain issues, sleep issues and genitourinary syndrome of menopause or GSM. HRT is a safe treatment. The risk is very low if you're a healthy woman who starts treatment before the age of 60 or within 10 years of your last period. Talk to your doctor about how this works and whether it's right for you.



**Exercise.** This is amazingly beneficial for almost all symptoms of perimenopause and it's also protective of future health. Move regularly and incorporate strength training if you can for strong muscles, bone, heart, and brain.



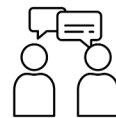
**Sleep.** Focusing on and prioritising sleep and getting into healthy sleep habits can be hugely beneficial for all symptoms of menopause.



**Stress.** Managing stress and finding ways to deal with stress is worth putting time into. Stress makes every symptom of menopause worse.



**Food.** There's no magical menopause diet, but there are lots of changes we can make to the way we eat to help us feel good. An anti-inflammatory pattern of eating is beneficial, since we lose the protective effects of estrogen as we go through menopause and can get an increase in inflammation in the body.



**Talking.** It's really important to talk about menopause and not to feel that you are alone. The more we talk about it - at work, at home and in society - the better, and the less stigma will be attached to this normal, natural transition in the life of a woman.



**Seek help.** Don't be afraid to reach out for help with menopause symptoms – both to your health professional and to those around you. Everyone, no matter their age or gender, is affected by menopause, so we can all help those experiencing it.

## For more information:



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



[Australian Menopause society](http://www.AustralianMenopauseSociety.org.au)



*This Changes Everything: the honest guide to menopause and perimenopause* by Niki Bezzant