

Help and Advice

NHS Inform

www.nhsinform.scot/healthy-living/



Menopause Experts

www.menopauseexperts.com/lgbtq-menopause

Queer Menopause

www.queermenopause.com

The Latte Lounge

www.lattelounge.co.uk

Breathing Space

www.breathingspace.scot



Menopause Information

for the **LGBTQIA+** community



info@healthyshetland.com



01595 807494



@HealthyShetland



@Healthyshetland1

www.healthyshetland.com



Leaflet developed by K. Anderson,
Health Improvement Dept, NHS Shetland
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Perimenopause and Menopause

Perimenopause often starts in your 40s, but can start earlier, and happens when the oestrogen levels start to fluctuate.

Menopause describes when menstruation has stopped for a year, usually around the age of 50, but can occur earlier or later.

As oestrogen fluctuates and lowers in the body, a range of side effects can occur. These can include sweating, hot flushes, sleep problems, joint and muscle pains, anxiety, depression, memory loss, weight gain, thinning of bones, drying skin and vaginal dryness. For some people, symptoms can be life changing and for others symptoms can be fairly minimal.

Hormone Replacement Therapy (HRT) replaces hormones that are fluctuating or falling and can be an effective way of treating perimenopause and menopause symptoms.



A common misconception is that menopause only happens to cisgender women. However this is not the case. Transgender people can also be affected and experience a range of symptoms too.

Menopause and Transgender Men

Transgender men who do not use hormone therapy or who have not fully transitioned will still produce oestrogen and progesterone, and as these hormones decrease, they will go through menopause in a similar way as a typical cisgender woman. Also, if a transgender man starts a transition with prescribed testosterone hormones later in life, they may already be at an age where their body is naturally going through the menopause.



Menopause and Transgender Women

Transgender women who stop hormone therapy or lower their oestrogen doses can trigger menopause symptoms similar to cis women, even though the root cause differs.

Menopause and Non-Binary People

In a similar way to transgender men, non-binary people can also go through menopause as their hormone levels fluctuate and decrease.



Managing Menopause

Regardless of your gender identity or sexual orientation, having a healthy lifestyle can help manage perimenopause and menopause symptoms and be beneficial to your overall health and wellbeing.

Try to:

Eat a healthy, balanced diet which includes plenty of calcium rich food.

Exercise regularly.

Get plenty of rest and keep to a regular sleep routine.

Take time to do something relaxing like yoga, tai chi or meditation.

Talk to others going through the same thing.

If you drink alcohol, drink within the recommended alcohol limits

If you smoke, consider quitting.



Talk to your GP if you would like more help and advice managing menopause symptoms.