

Step 1 - Key Takeaways plus Q&A – MP3-6 Audio Transcript

What are the Key Points to take away from this section:

Step One - Key Takeaways plus Q/A

- **KEY TAKEAWAYS:**

- Menopause is real
- Critical Age group is 45 - 55
- Be aware of Surgical Menopause and Early Menopause
- Effect of Menopause can be devastating to some women
- Top Tips for better health!
- Personal Action Plan



Q & A

Please click on link to complete
Feedback and Q/A Section

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- Menopause is real and 7:10 women experience debilitating symptoms
- Symptoms are many and varied and affect women to a greater or lesser degree
- Symptoms can be categorised into two areas: emotional as well as physical
- Be aware of Surgical and Early Menopause (early menopause is categorised as age 45 and under)
- The effects of menopause can be debilitating to some women
- Deficiency of the sex hormone, oestrogen, will have an affect on degenerative diseases such as Type 2 Diabetes, cardio vascular and heart disease and osteoporosis
- Awareness of preventive measures can improve the age for onset of these diseases
- Menopause Traffic Lights is a useful Tool - the critical age to look out for is 45 - 55
- Your Menopause Tool Box will be full of useful information
- Make use of Top Tips for better health
- Personal Action Plan - can prove useful for many women who will learn how to come to terms with menopause and reduce the impact.

Last, but not least, to finish of Step One, please complete the Q&A section and remember this will also give you space to ask your own questions and to indicate how you can support the women in your care.

Are modules containing the information you wanted to see?