

什麼是更年期和停經？

- 更年期是指女性進入停經前的過渡階段，通常在40多歲開始，並可持續數年。在這段期間，體內荷爾蒙水平波動，月經週期變得紊亂。
- 當女性連續12個月沒有月經時，便達到停經。香港女性的更年期年齡中位數為51歲。這是一個自然而正常的人生階段，標誌着生育期的結束，並非疾病或失調。

常見症狀

- 月經不規則：月經的頻率、流量或持續時間出現變化，可能變得更頻密或更疏落，經血量增多或減少。
- 身體變化：潮熱、夜間出汗、失眠、頭痛、肌肉及關節痠痛、陰道乾澀、乳房疼痛。
- 情緒及認知症狀：情緒波動、焦慮、抑鬱、專注力下降。
- 其他變化：體重增加、身形改變、性慾減退。



What are perimenopause and menopause?

- Perimenopause is the transition period to menopause, usually begins in your 40s and can last for a few years. During this period, hormone levels fluctuate and menstrual cycles become irregular.
- Menopause is reached when menstrual period stops for 12 consecutive months. The median age of menopause among Hong Kong women is 51. It is a natural and normal stage of life, marking the end of reproduction — not a disease nor disorder.

Common symptoms

- Irregular periods: Changes in frequency, flow or duration. Periods may become more or less frequent, heavier or lighter.
- Physical changes: Hot flush, night sweating, sleep disturbances, headache, muscle and joint ache, vaginal dryness and breast tenderness.
- Emotional and cognitive symptoms: Mood swings, anxiety, depression and poor concentration.
- Other changes: Weight gain, change in body shape and reduced libido.



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan
☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道99號 藍田分科診所6字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街4號1樓
1/F, 4 Tuen Lee Street, Tuen Mun
☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



更年期
MENOPAUSE



MENOPAUSE

更年期的成因

- 隨着卵巢內卵子逐漸耗盡，荷爾蒙水平下降（特別是雌激素），導致更年期。
- 更年期可自然發生，亦可能因手術或某些治療而突然出現。

我需要進行更年期測試嗎？

- 醫生一般可根據症狀及月經變化來確認更年期。
- 一般情況下，無需進行血液測試來確認更年期。

如何減輕更年期症狀？

有多種方法可協助您舒緩症狀及提升生活質素：

- 健康生活方式：恒常運動、均衡飲食、減少酒精攝入、戒煙，有助減輕症狀及促進整體健康。
- 情緒支援：認知行為治療、壓力管理及與親友坦誠溝通，有助處理情緒變化。
- 荷爾蒙補充治療（HRT）：有效緩解潮熱、夜間出汗，部分情況下可預防和治療骨質疏鬆。
- 非荷爾蒙藥物：如選擇性血清素再攝取抑制劑（SSRIs）或加巴噴丁，有助改善潮熱或情緒症狀。



荷爾蒙補充治療風險與常見副作用

荷爾蒙補充治療（HRT）最常見的副作用包括乳房敏感脹痛、水腫。

*HKOOG guideline for the Administration of Hormone Replacement Therapy

其相關風險包括：乳癌、冠心病、靜脈血栓栓塞、中風。

荷爾蒙補充治療的風險取決於多種因素，例如激素的類型和劑量，開始使用的年齡和治療的持續時間。治療的決定應因人而異，須定期評估荷爾蒙治療的益處和風險。建議患者在接受治療前，與醫生詳細討論利弊及個人健康狀況。

*HKCFP: Menopause management – update on hormone replacement

非荷爾蒙藥物常見副作用

選擇性血清素再攝取抑制劑（SSRIs）：

噁心和嘔吐、消化不良、腹瀉、便秘、厭食以致體重降低、頭痛、口乾、性欲減退、焦躁不安、失眠

加巴噴丁：

嗜睡、頭暈、運動失調、疲倦、噁心和嘔吐、口乾、消化不良、腹瀉、體重上升、水腫、失憶、咽炎、鼻炎、關節痛、肌肉痛、精神紛亂、抑鬱、神經緊張

*藥物辦公室健康及藥物教育

What causes menopause?

- Menopause occurs as the ovaries naturally deplete their supply of eggs, causing a decline in hormones particularly estrogen.
- It may happen gradually in normal circumstances or suddenly due to surgery or certain medical treatments.

Do I need a test for menopause?

- Most cases can be confirmed based on symptoms and changes in menstrual patterns.
- Blood tests are not necessary to confirm menopause under normal circumstances.

Managing menopause symptoms

There are many ways to help you manage symptoms and improve quality of life:

- Lifestyle changes: Regular exercise, healthy diet, limiting alcohol intake and stopping smoking can ease symptoms and support overall health.
- Emotional support: Cognitive-behavioral therapy, stress management and open communication with loved ones can help manage mood changes.
- Hormone Replacement Therapy (HRT): Effective for relieving hot flush, night sweating, preventing and treating osteoporosis in some cases.
- Non-hormonal medications: SSRIs or gabapentin may help with hot flush or mood symptoms.

Risks and common side effects of HRT

The most common side effects of HRT are breast sensitivity or engorgement as well as fluid retention.

*HKOOG guideline for the Administration of Hormone Replacement Therapy

The risks associated with hormone therapy, such as breast cancer, coronary heart disease, venous thrombo-embolism and stroke, depend on factors such as type and dose of hormone, timing of initiation and duration of therapy.

Decision on treatment should be individualised, with periodic evaluation of benefits and risks of hormone therapy. Please discuss with your doctor the pros and cons and your personal health conditions before undergoing treatment.

*HKCFP: Menopause management – update on hormone replacement

Common side effects of non-hormonal medications

Selective serotonin reuptake inhibitors (SSRIs):

Nausea and vomiting, dyspepsia, diarrhoea, constipation, anorexia with weight loss, headache, dry mouth, decreased sexual desire, restlessness, insomnia

Gabapentin:

Somnolence, dizziness, ataxia, fatigue, nausea and vomiting, dry mouth, dyspepsia, diarrhoea, weight gain, oedema, amnesia, pharyngitis, rhinitis, arthralgia, myalgia, confusion, depression, nervousness

*Drug Office Health and Drug Education

我還會懷孕嗎？

- 在停經前仍有可能懷孕
- 50歲以下女性：最後一次月經後2年內需繼續避孕
- 50歲或以上女性：最後一次月經後1年內需繼續避孕

何時需要諮詢醫生？

如果更年期症狀令您不舒服或感到煩惱，請諮詢你的醫生。雖然更年期月經不規律屬常見現象，如有以下情況，請諮詢你的醫生：

- 月經量過多或持續時間過長
- 性交後有出血情況
- 停經一年後再次出血



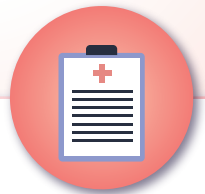
Can I still get pregnant?

- Pregnancy is still possible until menopause
- Women aged below 50: Use contraception for two years after your last period
- Women aged 50 and above: Use contraception for one year after your last period

When should I see a doctor?

Consult your doctor if peri-menopausal symptoms bother you. Even though changes with irregularity in your periods are common in perimenopause, you should consult your doctor if you experience:

- heavy and prolonged period
- bleeding after sex
- bleeding after period stops for a year



定期檢查的重要性

在更年期期間及停經之後，應繼續定期進行子宮頸及乳癌篩查，以保障健康。

如需更多資訊或支援，請聯絡「樂妍站」的醫護人員。我們樂意協助您渡過這個重要人生階段。

The importance of regular screening

Continue regular cervical and breast cancer screenings during and after menopause to protect your health.

For more information or support, please contact the healthcare staff at Women Wellness Satellite. We are here to help you through this important stage of life.