

Possible treatment approaches

Your gynaecologist and pharmacist will provide you with personalized advice tailored to your needs regarding treatment options:

- Lifestyle changes related to diet, exercise, sleep hygiene, and conscious relaxation
- Stress reduction, mindfulness training (e.g., MBSR)
- Cognitive behavioural therapy, hypnosis, acupuncture
- Herbal therapy approaches
- Non-hormonal medications
- Hormone therapy: depending on the severity of symptoms, the stage of the menopause and other factors, this is administered systemically using bioidentical or synthetic hormones. There are also local vaginal treatments available.

If you have mild symptoms, you do not need medications. However, menopause before age 40 **must** be treated and before age 45 **should** be treated with hormones.

Stay healthy – set the course for the years ahead

- Endurance and strength training 2–3 times per week. Daily physical activity is important: walking, climbing stairs, etc. – every step counts! Exercise protects against heart attacks, osteoporosis, dementia, and weight gain, and reduces the risk of cancer.
- Get enough vitamin D and calcium—to prevent bone loss (osteoporosis), which increases after menopause.
- Make sure to eat protein-rich foods (including plant-based protein from legumes)—to prevent muscle loss.
- Opt for a Mediterranean style diet (plenty of vegetables and fibre, high-quality plant oils, fatty fish, little sugar, and less white flour)—which helps combat inflammation and disease.

Recommended Informative Links

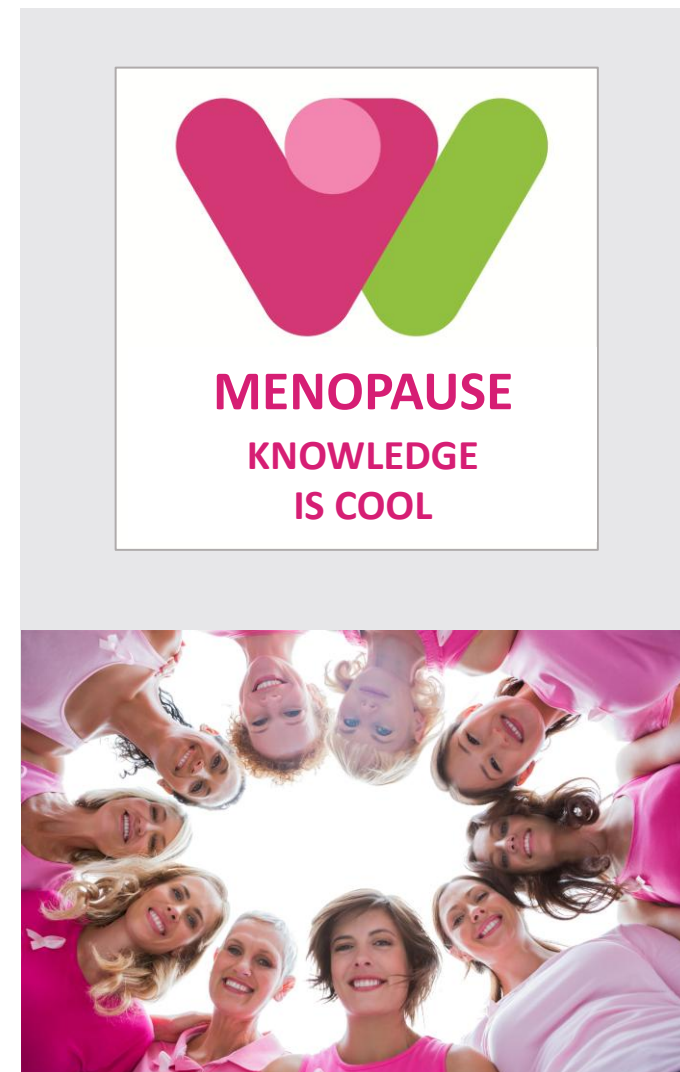
Please note that the videos* and podcasts* are only available in German.

- **German Menopause Society (DMG)**
<https://www.menopause-gesellschaft.de/>
- **“Knowledge Makes You Cool” lecture series***
<https://www.menopause-gesellschaft.de/veranstaltungen>
- **Menopause podcast* “Hormone-Driven” (transcripts available)**
<https://www.ardaudiothek.de/sendung/hormongesteuertder-wechseljahre-podcast-mit-dr-katrin-schaudig/94730960/>
- **MenoQueens (use Translate bar for English)**
<https://www.menoqueens.com/>
- **European Menopause and Andropause Society, EMAS (use Translate bar for English)** <https://emas-online.org/>
- **A simple explainer video: “What is Menopause?”**
<https://www.youtube.com/watch?v=NIhQT7VFT9AO>
- **Flyer “Menopause in the Workplace: Tips for Women”**
<https://tinyurl.com/Arbeitsplatz-Tipps>

Brochures and flyers for people in your network (in German only)

- **Information flyer for employers and managers: “Recommendations for companies”** <https://tinyurl.com/Barmer-Menopause-Work>
- **Flyer for employers and managers: “Successfully managing menopause in the workplace”** <https://tinyurl.com/Wechseljahre-Arbeitsplatz>
- **Information flyer for occupational health physicians: “Focus on menopause”** <https://tinyurl.com/Wechseljahre-im-Blick>

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Menopause

Menopause is a natural life transition, not an illness. Every woman will go through this hormonal change, just like puberty.

Common Symptoms of Menopause

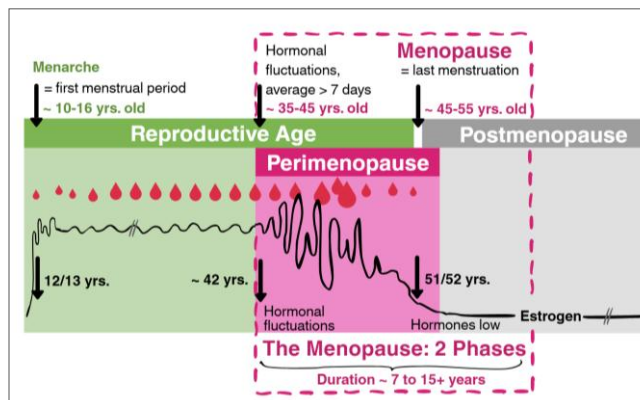
- Irregular and heavy menstrual bleeding
- Sleep disturbances
- Exhaustion
- Forgetfulness, especially difficulty finding the right words
- Difficulty concentrating or feeling overwhelmed
- Irritability and mood swings
- Depression
- Hot flashes
- Dry skin and mucous membranes, including those of the vagina, mouth, and eyes
- Urinary tract infections or urinary incontinence
- Changes in sexual experience

What else might you notice?

- Joint and muscle pain, joint stiffness
- Redistribution of fat toward more visceral, internal abdominal fat
- Hair loss
- Heart palpitations, rapid heartbeat
- Panic attacks, anxiety
- Dizziness, tinnitus
- Increase in headaches/migraine episodes
- Gum inflammation, bleeding gums

Important to Know

- On average, women experience their final menstrual period (menopause) around the age of 51–52 years old.
- Symptoms can begin years before the final menstrual period even if periods are still occurring. Perimenopause is also called menopausal transition.
- Not every new symptom is caused by the menopause; there may be other underlying causes. Consult a doctor for advice!
- Every woman experiences menopause differently. Some women have no symptoms or only a few mild ones, while others suffer significantly.
- Effective treatment options are available. Learn more and talk to your gynaecologist.
- If you experience symptoms at work, it is recommended to contact your company's occupational health physician for advice.
- Once your body has adjusted to the new hormone levels, many symptoms may subside.
- This transition phase offers you the chance to reassess your priorities, take a step back, and consciously focus on your health.



Proactive steps for Yourself

- Information: Good, free information sources are listed in the Link section at the end.
- Consultation: Contact your gynaecologist if you would like treatment for your symptoms.
- Support: Talk to other women.
- Relationship: Communicate openly about how you are feeling.
- Self-efficacy and self-care: Pay attention to your needs. Make sure you have enough space for yourself and sufficient time for rest and relaxation. Learn to say “no” more often.
- Relaxation techniques: Try progressive muscle relaxation, autogenic training, meditation, or yoga to promote greater calm, peace, and well-being.
- Experiment: Avoid irritants and potential symptom triggers, such as coffee, black tea, spicy food, alcohol, and cigarettes.
- Weight management: Seek professional guidance to achieve an optimal body weight without visceral belly fat.