

SAFETY TALK

MENOPAUSE



October marks World Menopause Month!

Perimenopause, menopause, and postmenopause are normal stages of life for those who experience menstruation.

Perimenopause is the period leading up to menopause; it may last a few months or several years.

Menopause occurs when your menstrual period has stopped and has not returned for 12 consecutive months; it can occur anytime between the mid 30's to mid 50's, but typically occurs between age 45 and 55.

Postmenopause includes every day after menopause occurs.

3 out of 4 women experience menopausal symptoms that interfere with their daily lives.

Mood changes, anxiety, depression

Low energy

Sleep disturbances, insomnia

Hot flashes, night sweats

Joint and muscle aches or pain

Loss of muscle mass, bone mineral density

COMMON SYMPTOMS

Bladder control issues, UTIs

Weight gain

Breast and skin changes

Memory issues, forgetfulness

Sexual problems, vaginal dryness

STRATEGIES TO MANAGE SYMPTOMS

Get active: Physical activity is important at all ages, but can help to reduce loss of bone mineral density and muscle mass as you enter perimenopause and menopause.

Consider your mental well-being: Perimenopause and menopause can bring changes in mood and memory. Try to reduce stress and take time to do things that you enjoy. Explore resources available to employees such as the Employee Assistance Program and MindBeacon.

Consider treatment options: Reach out to your healthcare professional to ask what will work for you.

Consider your diet: Review your dietary habits and make positive changes moving forward. Consider reaching out to a dietitian for your individual needs.



10% of women will stop working due to unmanaged symptoms of menopause.



Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

- WHAT RESOURCES ARE AVAILABLE ON MENOPAUSE?
- WHAT ARE STRATEGIES TO HELP MANAGE SYMPTOMS?
- HOW CAN MENOPAUSE IMPACT STAFF?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org
Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>