

Menopause glossary of useful terms



Early Menopause	Women aged forty to forty-five years old who have not had a period for twelve consecutive months.
Hormone Replacement Therapy (HRT)	A treatment to replace the hormones that are deficient. It always contains oestrogen, often contains progesterone and sometimes includes testosterone treatment.
Menopause	When a woman has not had a period for twelve consecutive months.
Oestrogen	Nature's lubricant! Plays a key role in a woman's body running smoothly including memory, mood, immune function, heart, muscles, hair and skin.
Osteoporosis	A health condition that weakens bones, making them fragile and more likely to break. Developing slowly over several years it is often only diagnosed when a fall or sudden impact causes a bone to fracture.
Perimenopause	The time when menopausal symptoms are experienced due to hormone changes, but periods still occur (the frequency and nature of which are changing).
Post-menopause	The time after a woman has not had a period for twelve consecutive months.
Premature Ovarian Insufficiency (POI)	When a woman goes through the menopause before the age of forty.
Pre-menopause	The time before any menopausal symptoms occur.
Progesterone	Plays a major role in a woman's menstrual cycle, conception and sustaining pregnancy.
Stress Incontinence	A leakage of urine when coughing or sneezing, lifting or during exercise.
Testosterone	A male sex hormone produced in a woman's ovaries in small amounts. It helps with the growth, maintenance, and repair of a woman's reproductive tissues, bone mass, and human behaviours.
Urge Incontinence	When the urge to urinate is so strong that leakage occurs before reaching the toilet.
Vagina	The short muscular and elastic canal leading from the vulva (with which it is commonly confused as a term) and labia to the cervix.

For further support with implementing menopause support in your workplace,
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