

HEALTH & WELLBEING

The menopause and me



Continuing our series raising awareness of the impact of the menopause, community mental health nurse **Kirsteen Heneghan** shares her experience



I WAS born near Glasgow and lived for around 14 years up in Aberdeen and moved to Guernsey in 2021. I have four children and the last one was born just before my 40th birthday. It was a couple of years after that when things started to become more irregular and I discovered that I had entered the perimenopause. Because my menses and my transferred hair had become more and had been prescribed estrogen and progesterone, I decided that I wouldn't take HRT. I didn't want that risk. Estrogen is largely responsible for preparing the body for potential pregnancy, whereas progesterone is associated with stabilising a pregnancy. But a dominance of estrogen may cause uterine cells to multiply out of control, which could lead to the development of cancer. I am a registered mental health nurse but I didn't know a huge amount about the menopause and what was happening to me. Nobody really spoke about it and there was little to prepare me for the next stage of my life. I found it difficult to get information and what I could find was often conflicting. So, I kept muddled along, but I really started to doubt myself and it impacted

on my self-confidence. There are so many physical effects and I discovered that a frozen shoulder can be a symptom of the menopause. I had insomnia to treat that which made me more moody and irritable and pain in various muscles all over the body can also be constant. Brides tend to a red nose, especially when my periods would have been due. I have struggled with speech and have had difficulty being as articulate as I would normally be. I have to think a lot more about what I am saying. But, it is really lucky because the men and women in our team at work have experience of the menopause themselves so via their partners we are very supportive. In the last few years a number

of celebrities have shared their experience of what they went through and this has raised the profile of the process in the media. Unfortunately, many men are still ignorant of what is happening to their partners and it's well documented that there are high numbers of marriage break downs during menopause. Education in school is also important so that children understand what their mothers are experiencing and boys will hopefully be more supportive of their partners in years to come. So, around nine years ago I asked myself what my options were and I began to take natural supplements and treat my symptoms with exercise. Because I'm a vegetarian I try not to processed foods and I look after myself. I didn't go to my GP about it though.

Because I knew I didn't want HRT, the best thing I have done is to swim in the sea every day. I have a friend who is a similar age and we meet at times during the week but look up with a larger group of weekends. It really helps me manage anxiety, stress and hot flushes. It resets my body temperature. I go to Havelet for a swim then back home to get the kids ready for school. It sets me up for the day and I can highly recommend it. Speaking to people about what you are going through really helps as you don't want to feel isolated and alone. It's easy to think that everyone around you is coping with the experience and managing it well, but I can assure you, that is not always the case. Many people have told me that if you have good health, your fitness and eating can be the best years of your life, so try to do things in moderation, stay fit, eat every day, eat the right things and take natural supplements. This works for me and maybe it could work for you too.

➔ For more information on the Embrace the Change menopause event on Tuesday 16 May, including who will be speaking, go to www.guernseyskinandbeauty.com/menopause-event-2023

'The best thing I have done is to swim in the sea every day. It really helps me manage anxiety, stress and hot flushes. It resets my body temperature. I go to Havelet for a swim then back home to get the kids ready for school'



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