

# 女性更年期

## Dealing with Menopause



衛生署  
Department of Health

## 何謂女性更年期？

更年期是指女性停經前後的一段日子。這段期間，體內女性荷爾蒙分泌會逐漸減少，因而失去生殖能力及引致某些生理和心理轉變。婦女普遍在四十來歲步入更年期，香港婦女停經的中位數為五十一歲，但實際停經的年齡則因人而異。

## What is Menopause?

Menopause is the stopping of menstruation. Around this period, the secretion of female hormones decreases gradually, leading to infertility and certain physiological and psychological changes. These changes usually occur in their 40s. The median age of menopause in Hong Kong women is 51 but the actual age of menopause varies.

# 更年期可能出現的生理及心理症狀

## Physiological and psychological changes around menopause

### 生理方面

#### 1. 熱潮紅 / 潮熱

由於血管擴張，婦女會有一種突然而來熱燙的感覺，由胸部擴展至頸部和面部，並渾身出汗，可以持續數分鐘。

#### 2. 心跳

#### 3. 多汗（尤其在熱潮紅期間）

#### 4. 頭痛、頭暈、易倦、失眠

#### 5. 經期紊亂

停經前的一段期間，經期紊亂及欠規律，婦女如發現經血分量過多、來經太長，或停經後再有出血現象，便應請教醫生。

#### 6. 陰道乾涸

陰道分泌減少，陰道組織退化、缺乏彈性而引致房事疼痛。

#### 7. 骨質疏鬆症

由於女性荷爾蒙分泌減少，加快鈣質的流失，骨骼容易變得疏鬆及脆弱。

婦女出現這些症狀並不一定代表正步入更年期，如有疑問，請諮詢醫護人員。

## Physiological changes

### 1. Hot flushes

Because of vasodilatation, women may experience a sudden hot feeling, which can spread from the chest to the neck and face. It can last for a few minutes and is usually accompanied with sweating all over the body.

### 2. Palpitation

### 3. Excessive sweating, especially during hot flushes

### 4. Headache, dizziness, fatigue, insomnia

### 5. Irregular menstruation

Menstruation can become irregular before actual menopause. If women notice that they have prolonged and heavy menstrual period or postmenopausal vaginal bleeding, they should seek medical advice.

### 6. Vaginal dryness

Decreased vaginal secretion, vaginal atrophy and decreased elasticity of the vagina can sometimes cause pain during sexual intercourse.

### 7. Osteoporosis

A reduction in the secretion of hormones, especially oestrogen, speeds up the loss of calcium in the body, causing the bones to become porous and brittle.

Women experiencing these symptoms do not necessarily mean approaching menopause. Seek advice from your health care providers if you have any queries.

## 心理方面

部分婦女在更年期內會感到憂鬱、煩躁、精神緊張、情緒波動、缺乏自信、記憶力衰退及難以集中精神。

## Psychological changes

Some women undergoing menopause experience depression, irritability, anxiety, emotional fluctuations or loss of confidence. Some may suffer from deterioration of memory or difficulty in concentrating.

## 積極面對女性更年期

婦女要清楚明白更年期是一個自然階段，而且只是暫時性，並非病態，當體內分泌得到「新平衡」，一切便會回復正常。

在面對生理、心理方面的轉變，你可參考以下建議：

## Be positive towards menopause

Menopause is a normal and natural stage in a woman's life. It is only a temporary phase and is not an illness. Everything will return to normal once a "new" hormonal balance is regained.

The following points may help you to deal with the physiological and psychological changes during this period:

## 生理適應

1. 利用潤滑劑，減低行房時的不適。
2. 保持良好的生活習慣，可減低患上骨質疏鬆症、冠心病及其他健康問題的機會。
3. 實踐均衡飲食，多吃蔬果及含豐富鈣質食物，如豆類及黃豆類製品、深綠色的蔬菜、魚類及奶品類食物。
4. 避免吸煙和飲酒。
5. 多作適量體能活動如步行、跑步。
6. 爭取充足的睡眠和休息。
7. 更年期症狀嚴重時，醫生會按個別情況，處方荷爾蒙補充療法。
8. 婦女停經後，如有不正常陰道出血，應立即求診。

## To deal with physiological changes

1. Use vaginal jelly to reduce discomfort during sexual intercourse.
2. Maintain a healthy lifestyle in order to reduce the risk of osteoporosis, coronary heart disease and other health problems.
3. Take a balanced diet. Eat more fruits and vegetables and foods with high calcium content, such as beans, soya bean products, dark green vegetables, fish and dairy products.
4. Avoid smoking and drinking alcohol.
5. Engage in regular physical activities, e.g. walking and jogging.
6. Get adequate sleep and rest.
7. For women with severe menopausal symptoms, doctor may prescribe hormonal replacement therapy based on individual needs.
8. Consult the doctor promptly if you have abnormal postmenopausal vaginal bleeding.

## 心理適應

1. 保持心境開朗。
2. 與朋友互相傾訴和交流經驗。
3. 擴大生活圈子，增加戶外活動。
4. 繼續學習和工作。
5. 進行鬆弛練習。

## To deal with psychological changes

1. Be cheerful and positive.
2. Share your feelings and experience with friends.
3. Enrich your social life and join more outdoor activities.
4. Continue to learn and work.
5. Practise relaxation exercise.



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