

Te ruahinetanga, he aha ngā tohu?

Mehemea kāore tō matewāhine i te rere mō te 12 ngā marama, kua timata tō ruahinetanga.

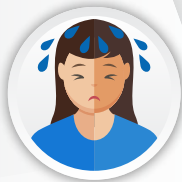
Ngā Tohu



Ka tīni ngā tohu o te matewāhine mēnā ka moata ana.



Ngā urawera



Werawera o ngā pō



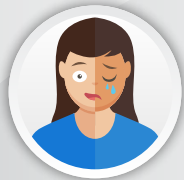
Ngā raru o te moe



Mamae ou hononga kōiwi



Te ngenge



Te mātukanuka me te āhuatanga rerekē



Te tara maroke



Te kaha o te mīmimi, te mamae rānei

HE TIROHANGA ATU KI TE RUAHINETANGA

Ko te 51 te taurite o te ruahinetanga, engari ka moata tonu.

Te tīni taiaki e whakaawe ana i ngā tohu ruahinetanga.

He rahi ngā wāhine ka kawē tonu i ngā tohu.

He rahi tonu ngā wāhine ka pāngia e ngā tohu nei, e 5 tau ki te 10 tau.

Ka rerekē ngā tohu, i te wā e haere ana tō ruahinetanga.

KA AHA KOE MŌ ŌU TOHU RUAHINETANGA?

KA PAI AKE TO HAUORA ME NGĀ TOHU MEHEMEA KA PANONI TO ĀHUATANGA NOHO.

TIROHIA TE PEPA PŪMAU AMS: LIFESTYLE AND BEHAVIOUR CHANGES FOR MENOPAUSAL SYMPTOMS.



WHAKAPAI AKE TE MOMO KAI



WHAKAPAKARI TINANA



ME MUTU TE MOMI PAIPA



KA WHAI RONGOĀ MŌ TE HINENGARO
(Including cognitive behavioural therapy and mindfulness)



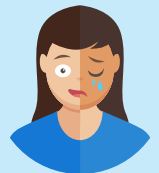
TE HAUMANU TAIKI RUAHINETANGA (MHT)

Ko te MHT, koia nei te rongoā tino pai mō ngā tohu ruahinetanga. (Tirohia te pepa pūmau AMS: He aha te MHT? He marutau anō?)



NGĀ WHIRINGA HAUMANU KORE TAIKI

Tirohia te pepa pūmau o AMS - Non-hormonal treatment options for menopausal symptoms



NGĀ HAUMANU E HĀNGAI ANA

Ka āwhina pea wētahi o ngā haumanu hāngai i te urawera. Tirohia te pepa pūmau o AMS - Complementary medicine options for menopausal symptoms.



KIMIHA TE TĀKUTA AMS

Mehemea ka whakararu ōu tohu ruahinetanga, ka āhei tōu tākuta te āwhina.

Mehemea he āwangawanga ōhou, pātai rānei mō ngā tohu mutunga o tō ruahinetanga, haere ki tō tākuta, i te kore rānei kimihia he tākuta AMS i te paetukutuku AMS

www.menopause.org.au/health-info/find-an-ams-doctor

Ruahinetanga o Ahitereiria Noho ā-Iwi:
menopause.org.au



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