



Information sheet: Menopause

The journey through menopause can bring important hormonal changes that modify the shape and function of the pelvic region. In the modified state the muscles and pelvic organ support can lose tone and elasticity.

Many women suffer in silence due to some of the effects of menopause including;

- decreased bladder control
- prolapse symptoms/perineal heaviness/low back ache
- change in bowel function
- change in sexual responses

I can help you to understand the mature women's muscles/pelvic organs, share with you ideas to help you feel great about yourself, in control and confident.

Some risk factors for these problems can be:

- pregnancy/childbirth
- constipation/straining
- carrying too much weight
- heavy lifting during your life
- chronic coughing
- previous surgery
- family history of prolapse

if this sounds like you, then you may benefit from sound professional advice.

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