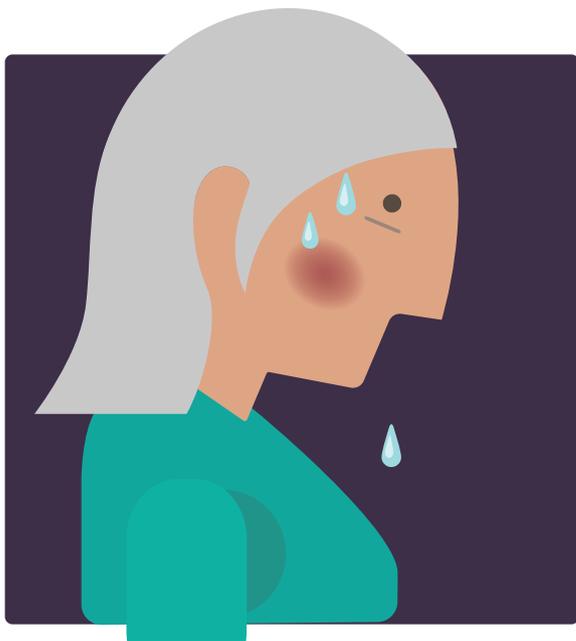


## MENOPAUSE AND HIV



**Menopause:** This is a natural process in the life of all women that is defined as the permanent stopping of menstrual cycles (periods). The stage before is known as pre-menopause and the following stage is called post-menopause. Together, they are referred to as the climacteric.

Menopause occurring before the age of 45 is known as early menopause. Although it is a natural process, menopause is associated with diverse symptoms and with an increased risk of different disorders.

It is not yet possible to state for certain whether in women with HIV early menopause is more frequent, and whether menopausal symptoms are more common and serious.

### 01 SYMPTOMS

In some women menopause is associated with different symptoms of diverse intensity, which sometimes significantly alter quality of life. Knowing what these symptoms are and how to treat them will help you cope with this stage of life.

- Vaginal dryness
- Sweating
- Hot flashes
- Frequency and urgency in urination
- Decreased sexual desire
- Palpitations
- Memory and concentration problems
- Mood changes (symptoms of depression or anxiety)
- Weight gain
- Arthralgia (joint pain)
- Sleep disorders
- Menopause is also associated with an increased risk of different disorders such as cardiovascular diseases, alterations in lipid metabolism and osteopenia or osteoporosis.

### 02 TREATMENT OF SYMPTOMS

- Hormone replacement therapy (HRT)
- Changes in lifestyle: regular exercise, avoidance or reduction of tobacco and alcohol
- Psychological support
- Use of Ben Wa balls to strengthen the pelvic floor and to control urination
- Low-fat and high-calcium diet
- Sex therapy

### 03 RECOMMENDATIONS FOR WOMEN WITH HIV

To cope with menopause properly, your doctor should observe the following recommendations:s:

- Evaluate menstrual cycle alterations to confirm or rule out the presence of an early menopause.
- Evaluate menopausal symptoms according to their potential for altering quality of life.
- Perform densitometry to evaluate bone health (osteopenia and osteoporosis).
- Determine whether to administer hormone replacement therapy in women with early menopause or women with severe menopause symptoms.

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ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO

**SUBVENCIÓN**

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POR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL  
Secretaría del Plan Nacional sobre el Sida

Generalitat de Catalunya / Agència de Salut Pública de Catalunya  
Generalitat de Catalunya / Departament de Justícia

Ajuntament de Barcelona / ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS  
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