

# Maamulida Dhiiga Joojsiga caadada

## Managing Menopause

### About menopause

Menopause is reached when a woman stops having monthly periods for 12 months in a row. It happens as a natural part of aging, but can also occur when less estrogen is being made by the ovaries due to treatments, such as surgery, radiation therapy, or chemotherapy.

Estrogen is a hormone made by the ovaries. When less estrogen is made, signs of menopause can occur. The signs vary and can be uncomfortable, but often improve over time. Talk about your body's changes with your health care provider. Discuss treatments that may be best for you to manage your signs of menopause.

### Signs of menopause

Let your doctor know about any changes you are having. These signs may be part of menopause, but they may also be signs of other health problems.

#### Common signs of menopause include:

- Changes in periods or menstrual cycles
- Hot flashes or warm flush feeling and sweating
- Problems sleeping
- Mood changes
- Headaches

### Ku saabsan joojsiga caadada

Joojsiga caadada waxaa la gaaraa goortii dumarka ay joojiyaan lahaanshaha caadada bil-laha ee 12 bilood oo isku xiggo. Waxay dhacdaa sida qeyb dabiici ah ee gaboobida, laakin waxay sidoo kale dhici kartaa markii dhacaan yar ay sameyso ukumaha sabab la xiriirto daaweynada, sida qaliinka, daaweynta shucaaca, ama daaweynta kiimikada.

Dhacaanka waa dhacaanka sameeyo ukumaha. Markii dhacaanka sameysmo, aastaamaha joojsiga caadada ayaa dhici kara. Aastaamaha way ka duwanyihiin oo waxay noqon karaan kuwa aanan raaxo laheyn laakin sare u qaadaa waqti kadib. Ka hadal wax ku saabsan isbadelada jirkaaga ee la jirto daryeelaha caafimaadkaaga. Kala hadal daaweynada laga yaabo inay kuu wanaagsanyihiin si aad u maamushid aastaamahaaga ee joojsiga caadada.

### Aastaamaha joojsiga caadada

Dhaqtarkaaga ha ogaado wax ku saabsan isbadelada aad la kulmeysid. Aastaamahaan waxay qeyb ka noqon karaan joojsiga caadada, laakin waxay sidoo kale aastaan u noqon karaan dhibaatooyinka caafimaadka.

#### Aastaamaha caadiga ah ee joojsiga caadada waxaa ku jiro:

- Isbadelada caadooyinka ama wareegyada caadada
- Dareenka falaashka dhiig kulul ama diiran iyo dhidid
- Dhibaatooyinka hurdada
- Isbadelada dareenka
- Madax xanuunka

- Feeling anxious
- Vaginal dryness
- Lack of sex drive or painful intercourse
- Dryness of the skin or hair

## What you can do to help symptoms

### To help with hot flashes

- Wear absorbent, cotton clothing and dress in layers. Remove pieces of clothing at the first sign of flush.
- Avoid wearing tight clothing.
- Keep room temperature at a lower setting.
- Use fans to circulate air.
- Avoid hot baths or showers.
- Reduce the amount of caffeine you consume. Caffeine is in coffee, tea, colas, and chocolate.
- Avoid spicy foods and eat lighter meals when it is hot outside.
- Reduce how much alcohol you drink, especially red and white wines.
- Exercise each day for at least 30 minutes.
- Reduce stress. Use relaxation techniques, such as yoga, meditation, and massage.
- Avoid smoking.
- Talk to your doctor about the use of herbs and dietary supplements.
- Check with your doctor or pharmacist before using soy products, black cohosh,

- Dareenka walaaca
- Qalalka xubinta taranka
- La'aanta rabitaanka galmada ama xanuunka galmada
- Qalalnaanta maqaarka ama timiha

## Waxa aad sameyn kartid si aad u caawisid astaamaha

### Si aad u caawisid dhiiga kulul

- Xiro dhuuqida, dharka suufka iyo labiska ee fadhiyada. Ka saar qeybaha dharka ee astaanta ugu horeyso ee falaashka.
- Ka fogow xirashada dharka dhuuqsan.
- Ku hay heer kululka qolka ee goob hoose.
- Isticmaal marwaxad si aad u wareejisid hawada.
- Ka fogow qubeyska kulul ama shaawarka.
- Yareey tirada kafeega aad isticmaashid.
- Kafeega wuxuu ku jiraa kafeega, shaaha, kuulada, iyo jukulaato.
- Ka fogow cuntooyinka basbaaska ah oo cun cuntooyin fudud marka ay kuleel tahay banaanka.
- Yarey inta qamri ah ee aad cabtid, gaar ahaan qamriyada gaduudan ama cad.
- Jimicsiga maalin walba oo ugu yaraan 30 daqiiqo.
- Yareey murugada. Isticmaal farsamooyinka nasashada, sida yooga, daawooyinka, iyo masaajada.
- Ka fogow sigaar cabida.
- Kala hadal dhaqtarkaaga isticmaalka dhirta iyo cuntada dheeraadka ah.
- La hubi dhaqtarkaaga ama farmashiistaha ka hor isticmaalida waxyaabaha digirta, dhirta madow cohosh, dong quai, ginseng, ama waxyaabaha kale. Waxay kugu

dong quai, ginseng, or others. They can help you weigh the risks and benefits for your health. There may be possible interactions with other treatments.

- Discuss use of medicines with your doctor. Your doctor may recommend dietary supplements or nonprescription medicines, such as Vitamin B complex, Vitamin E, ibuprofen, or prescription medicines such as:
  - Hormone Replacement Therapy (HRT). For moderate to severe hot flashes, your doctor may recommend short term (less than 5 years) use of HRT if you do not have other health problems. HRT contain estrogen and sometimes progesterin.
  - Antidepressants, such as sertraline (Zoloft), venlafaxine (Effexor), and paroxetine (Paxil).
  - Blood pressure medicine, such as clonidine (Catapres).
  - Birth control pills.
  - Anti-seizure medicine, such as gabapentin (Neurontin, Gabarone).

Many of these medicines are used for other health reasons, but may reduce hot flashes. Often, these medicines are begun in small doses and are then increased over time to control your signs.

## To help with sleep

- Keep a regular sleep schedule. Go to bed and wake up at the same time each day, even on weekends.
- Keep the room cool and wear lightweight clothes.
- Try a warm bath or shower at bedtime or after waking up at night.
- Exercise regularly.

caawin karaan halisaha culeyska iyo faa'idooyinka caafimaadkaaga. Waxaa suurtoagal noqon karto isdhaxgalada daaweynada kale.

- Kala hadal isticmaalka daawooyinka ee dhaqtarkaaga. Dhaqtarkaaga wuxuu ku talin karaa cuntada dheeraadka ah ama daawooyinka aanan la qorin, sida Fitamiin B-ga adag, Fitamiin E, ibuprofen, ama daawooyinka la qoray sida:
  - Daaweynta Badelida Dhacaanka (HRT). Oo dhexdhaxaadka dhacaan kulul ee daran, dhaqtarkaaga wuxuu ku talin karaa isticmaalka HRT oo muddo gaaban (ka yar 5 sanno) haddii aadan qabin dhibaatooyin kale ee caafimaadka. HRT wuxuu wtaaa dhacaanka iyo mararka qaarka dhacaanka caadiga ah.
  - Antidepressants, sida sertraline (Zoloft), venlafaxine (Effexor), iyo paroxetine (Paxil).
  - Daawooyinka dhiig karka, sida clonidine (Catapres).
  - Kaniiniyada xakameynta dhalhada.
  - Daawooyinka ka hortaga qalalka, sida gabapentin (Neurontin, Gabarone).

Kuwa badan oo daawooyinkaan loo isticmaalo sababaha kale ee caafimaad, laakin dhacaanka kulul ee yareeday. Inta badan, daawooyinkaan waxay ku bilowdeen garoojo yar oo kadibna waxaa lagu meeleyay muddo kadib ee lagu xakameeyo aastaamahaaga.

## Si loogu caawiyo hurdada

- Ku haay jadwalka hurdo joogta ah. Jiifo oo ka kac isku waqti maalin walba, xitaa maalmaha isbuuca.
- Ku haay qolka qabow oo xiro dhar qafiif ah.
- Isku day qubeys diiran ama shaawar xiliga jifka markaad ka kaxdid habeenkii.
- Jimicsiga joogtada ah.

- Do not rely on sleeping pills. They can disrupt restful sleeping patterns.
- Avoid products with caffeine or alcohol in the evening.
- Try cereal and milk at bedtime or after waking.
- Avoid late meals and filling snacks.

### **To help your moods or anxious feelings**

- Talk with your doctor about your feelings, moods, and frustrations.
- Discuss treatments, such as antidepressants.
- Join a support group or seek counseling if needed.
- Keep involved with social and family activities that you enjoy.
- Reduce stress. Practice deep, slow abdominal breathing for relaxation.
- Focus on 1 or 2 tasks at a time. Set realistic goals. Avoid multiple, conflicting tasks.
- Exercise regularly.

### **To help with vaginal dryness or sexual problems**

- There are products available to help with vaginal dryness or with painful intercourse:
  - Water-based lubricants, such as Astroglide or K-Y relieve vaginal dryness during intercourse.
  - Moisturizers, such as Replens or Lubrin restore vaginal moisture and comfort.

- Haku tiirsanaan kaniiniyada hurdada. Waxay carqaladeyn karaan qaababka hurdo raaxo leh.
- Ka fogow waxyaabaha kafeega ku jira ama qamriga maqribadii.
- Isku day mishaarida iyo caanaha iyo waqtiga jiifka ama ka cidtaanka kadib.
- Ka fagow cuntooyinka dambe iyo ka dhargida cuntada yar.

### **Si aad u caawisid dareemahaaga ama dareemaha walaaca**

- Kala hadal dhaqtarkaaga wax ku saabsan daree, ahaaga, dareemaha, iyo jahwareerka.
- Kala hadal daaweyndada, sida ka hortaga murugada.
- Ku biir koox taageero ama raadi la talin haddii loo baahdo.
- Ka qeybgal howlaha bulshada iyo qoyska ee aad jeceshahay.
- Yareey murugada. Ugu dhaqan si qoto dheer, neefsiga caloosha gaabsan ee nasiinyada.
- Diirad saarida ee 1 ama 2 shqooyin ee waqtiga. Daji hadafyo dhab ah. Ka fogow shaqooyin badan, ku qilaafayo.
- Jimicsiga joogtada ah.

### **Si aad isaga caawisid qalalka xubinta taranka ama dhibaatooyinka galmada**

- Waxaa jiro waxyaabo loo heli karo inay ku caawiyaan qalalnaanta xubinta taranka ama galmada xanuunka:
  - Jilciyaha biyaha ku saleysan ee caawisaa qalalnaanta xubinta taranka, sida Astroglide ama K-Y inta lagu jiro galmada.
  - Kareemada, sida Replens ama Lubrin waxay soo celiyaan qoyaanka xubinta taranka iyo raaxada.

- Vaginal estrogen therapy, such as estrogen cream, estrogen ring, and estrogen tablet relieve vaginal dryness. Talk to your doctor to see if estrogen can be safely prescribed for you.
- Testosterone creams can be used to increase sex drive.
- When you have sex, increase foreplay time. This helps boost natural lubrication.
- Avoid using douches, feminine hygiene sprays, lotions, soaps, and bubble baths that may irritate your vagina.
- Kegel exercises may help to strengthen the muscles that control the bladder.
- Communication with your partner is very important.
- Daaweynta dhacaanka xubinta taranka, sida kareemka dhacaanka, faraantiga dhacaanka, iyo kaniiniga caawiya qalalnaanta xubinta taranka. Kala hadal dhaqtarkaaga si aad u aragtid haddii dhacaanka si badbaado ah laguugu qori karo.
- Kareemkyada Testosterone waxaa loo isticmaali karaa inay kordhiso rabitaanka galmada.
- Marka aad galmo sameysid, kor dhi waqti baashaalka. Tani waxay caawineysaa xoojinta qoyaanka.
- Ka fogow isticmaalada dhaqida xubinta taranka, buufinta nadiifinta haweenka, kareemyada, saabuunta, iyo qubeysyada ee laga yaabo inay xubintaada taranka cuncunto.
- Jimicsiga isku qabashada ayaa caawin kartaa xoojinta murqaha xakameyso kaadi haynta.
- Xiriirka aad la leedahay lamaanahaaga aad ayuu muhiim u yahay.

### **To help with dry skin and hair**

It is normal as estrogen decreases for the body to produce less oil for the skin and hair.

- Use lotion on dry skin two times each day. Do not use lotions with heavy perfumes or alcohol. They can cause more drying.
- Limit your time in the sun. For your skin, use sunscreen with 30 or 45 SPF and reapply as directed. Wear a hat or head covering.
- Brush your hair more often. This helps spread your hair's natural oils from the root of the hair to the tip.
- Wash hair less often. When washing, use a conditioner each time.

### **Si aad u caawisid qalalnaanta maqaarka iyo timaha**

Waa caadi sida dhacaanka hoos uga dhaco jirka si loo saaro saliida maqaarka iyo timaha.

- Isticmaal kareemka iyo maqqrka qalalan labo jeer maalin walba. Haku isticmaalin kareemyada barfuumyo culus ama qamri. Waxay sababi karaan qalalaan badan.
- Ka xadeey waqtigaaga qoraxda. Maqaarkaaga, isticmaal qurac illaaliyaha oo 30 ama 45 SPF oo dib u mari sida laguugu tilmaamay. Xiro koofiyad ama daboolida madaxa.
- Buraash timahaaga inta badan. Tani waxay ku caawineysaa saliida dabiiciga ee timahaaga ee salka timaha ee fiida.
- Dhaq timaha inta badan. Marka aad dhaqeysid, isticmaal xaaladiyaha waqti walba.

- Limit use of hair coloring, straightening or permanent waves. These chemicals can dry your hair.

## Lower your risk of heart disease and osteoporosis

During menopause and after, women have a greater risk for heart disease and osteoporosis. This is linked to the changes in hormones. You can take steps to lessen your risk and stay healthy.

### To prevent heart disease

- Stop using tobacco products, such as cigarettes. Ask your doctor for help to quit tobacco.
- Limit alcohol to one drink per day.
- Eat a wide variety of vegetables, fruits, and whole grains.
- Limit salt, saturated fat, and cholesterol in your diet.
- Control your weight. Extra weight means your heart has to work harder.
- Exercise regularly.

### To prevent osteoporosis

- Have a bone densitometry test to check your bones before menopause.
- This gives a baseline measurement. Then, have periodic follow-up scans to recheck bone density or treatment progress.
- Increase weight-bearing exercise. For example, walk 2 to 3 miles a day, 4 to 5 times each week.

- Xadeey isticmaalka midabeynta timaha, toosinta ama haadinada joogtada ah. Kiimikooyinkaan timahooda way qalajin karaan.

## Yareey halisahaaga ee cudurka wadnaha iyo xanuunka xubnaha lafaha

Inta lagu jiro joojsiga caadada iyo kadib, haweenka waxay leeyihiin halis badan ee cudurka wadnaha iyo xanuunka xubnaha lafaha. Tani waxay ku xirantahay isbadelada dhacaanada. Waxaad qaadi kartaa talaabooyinka lagu yareynayo halistaada oo caafimaad aad ahaatid.

### Si looga hortago cudurka wadnaha

- Jooji isticmaalida waxyaabaha tubaakada, sida sigaarka. Weydii dhaqtarkaaga si uu kaaga caawiyo joojinta tubaakada.
- Ku xadeey qamriga hal cabitaan maalintii.
- Cun qudaar badan oo kala duwan, miro, iyo qamadi.
- Xadey cusbada, dufanta adag, iyo kaleestaroolka ee cuntadaada.
- Xadeey culeyskaaga. Culeys dheeraad ah wuxuu la micna yahay waa in qalbigaaga uu dadaalaa.
- Jimicsiga joogtada ah.

### Si looga hortago xanuunka xubnaha lafaha

- Sameey baaritaanka macdan lafaha si loo eego lafahaaga ka hor joojsiga caadada.
- Tani waxay siisaa cabiraad saleysan. Kadib, sameey dabagal muddo kadib ah si aad dib ugu eegtid cufnaanta lafaha ama hormarka daaweynta.
- Kordhi jimicsiga culeyska dhalida. Tusaale ahaan, socodka 2 illaa 3 mayl maalintii, 4 illaa 5 jeer isbuuc walba.

- Get enough calcium in your diet. Women ages 50 and under need 1,000 milligrams (mg) each day. Women over 50 and post-menopausal women not on HRT need 1,200 mg each day.
  - Foods high in calcium include milk, yogurt, cheese, calcium-fortified cereals, orange juice and tofu, broccoli, spinach, collard greens, soy milk, and fish with bones (canned salmon, sardines).
  - Talk to your doctor about taking a calcium supplement. The best calcium supplements are those that contain vitamin D since your body needs vitamin D to use calcium. Your doctor may recommend taking 1,000 mg or more of calcium per day in divided doses. Talk to your doctor about taking a vitamin D supplement if your exposure to sunlight is low.
- If you have thinning bones, avoid dangerous physical activities and try to prevent falls. Remove loose throw rugs that might cause you to trip and fall at home.
- Avoid use of tobacco products.
- If needed, talk to your doctor about medicines that can help your bone health.
- Hel macdan kugu filan ee cuntadaada. Da'aha haweenka 50 oo ka hooseeyo wuxuu u baahanyahay 1,000 milligrams (mg) maalin walba. Haweenka ka badan 50 iyo haweenka joogsiga caadada la soo dhaafay ma ahan baahida HRT 1,200 mg maalin walba.
  - Cuntooyinka ku badan macdanta waxaa ku jira caanbaha, yoogadka, jiiska, badarka macdanta ku xoogan, juuska liinta iyo tofu, barookoli, isbiinaj, cagaarka midabeysan, caanaha digirta, iyo kaluunka la jiro lafaha (salmoonka gasacadeysan, yuunbiga).
  - Kala hadal dhaqtarkaaga qaadashada macdan dheeraad ah. Macdanta dheeraadka ugu wanaagsan waa kuwa wataa fitamin D maadaama jirkaaga u baahanyahay fitamin D si aad u isticmaashid macdan. Dhaqtarkaaga wuxuu ku talin karaa qaadashada 1,000 mg ama macdan badan maalintiiba ee garoojooyinka lakala qeybiyay. Kala hadal dhaqtarkaaga qaadashada dheeraadka fitamin D haddii gaaristaada ee quraxda ay hooseeyso.
- Haddii aad qabtid lafo yaryar, ka fogow howlaha jirka halista ah oo isku dayay inaad ka fogaatid dhacitaanka. Ka saar roogaha xargaha laguayo leh ee kugu sababi karo inaad ku dhacdid socodka iyo ku dhacdid guriga.
- Ka fogow isticmaalka waxyaabaha tubaakada.
- Haddii loo baahanyahay, kala hadal dhaqtarkaaga daawooyinka kugu caawin karo caafimaadka lafaha.