

BodyCurve

Confidence, On Your Terms

Feeling Like Yourself Through Menopause

**An honest guide to what's really going on, and
where to find support.**

Menopause changes more than most people expect, and often more quietly. This guide is here to help you make sense of it: what's happening, the symptoms beyond the obvious, and where to turn for support. It's general information, not medical advice, for anything specific, please speak to your GP or a menopause specialist.

bodycurve.co.uk · 0330 124 4780 · Mon–Sat, 7:30am–7pm



First, the basics

Menopause happens in stages, and it's different for everyone, in how it feels and how long it lasts.

Perimenopause

The run-up, often several years. Hormone levels start to fluctuate, and this is when symptoms frequently begin, sometimes long before periods stop.

Menopause

Technically the point when you haven't had a period for 12 months. In the UK it happens on average around age 51, though it varies widely.

Postmenopause

The years afterwards. Some symptoms ease; others can linger, and looking after your longer-term health matters.

The symptoms, beyond hot flashes

Everyone knows about hot flashes and night sweats. But menopause can show up in lots of quieter ways that people don't always connect to it. You won't get all of these, and that's normal.

Physical

- Hot flashes, night sweats
- Trouble sleeping
- Joint and muscle aches
- Headaches
- Changes to skin and hair
- Changes to weight and body shape
- Palpitations

Mind & Mood

- Low mood or anxiety
- A dip in confidence
- Brain fog
- Memory and concentration
- Feeling not like yourself
- Irritability

Intimate

- Reduced libido
- Vaginal dryness
- Discomfort
- Recurrent UTIs

If several of these sound familiar, you're not imagining it, and you're far from alone. Naming what's happening is often the first relief.



How you feel in your body

Menopause can genuinely change how you feel in your own skin, and wanting to feel like yourself again is completely valid. That's not vanity, and it's nothing to apologise for. Whatever 'feeling like you' means, it's a conversation worth having, at your own pace and with no pressure.

A note from us:

we're a cosmetic surgery team, and we're a judgement-free place to talk about the body-confidence side of all this. But surgery is not a treatment for menopause itself, for symptoms, please speak to your GP or a menopause specialist first.



There is help, and here's where to start

You don't have to just cope. There are more options than most people realise, and the right one for you is a conversation with a professional, not something to decide from a guide. As a starting point:

- **Your GP** is the first port of call, and can discuss options with you, including lifestyle support, HRT (hormone replacement therapy) and non-hormonal approaches.
- **Menopause specialists** can help with more complex or persistent symptoms.
- **Small daily things help too:** regular movement, good sleep habits, a balanced diet, and being kind to yourself on the harder days.
- **Talking about it** with people you trust makes a real difference. You are not alone in this.

Where to get trusted information



NHS

nhs.uk/conditions/menopause

Women's
Health
Concern

Women's Health Concern

[womens-health-concern.org](https://www.womens-health-concern.org)



The Menopause Charity

themenopausecharity.org



Be kind to yourself. And share this with someone who needs it.

patientcare@bodycurve.co.uk • 0330 124 4780 • bodycurve.co.uk

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