

THI DONGH MENOPAUSE



Thi Dongh cu zei dah asi?

Thi dongh timi cu na nuphung theihnak a dongh kha asi. Thla 12 chung na thi a chuah ti lo, thi dor a um ti lo asiloah thi nehnak a um lo ahcun na thi a dong cang ti kha na theih lai.

Thannak le cahnak petu ti hna le thi dongh

Thi donghnak a hnursuangmi pum chungin a chuakmi thannak le cahnak petu ti hna cu nau sermter dingah taksa a thawntertu dah/dat le nauinn ah a ummi nau sermtertu le adang nau semtertu a khamtu ti a zor deuhmi hna an si. Thi donghnak tiang chuahpi dingah kum asiloah thla chungah, hi thannak le cahnak petu ti sining hna cu a thleng kho i a kai kho, a tum khawh pinah zawtlanghnak zeimaw zat a chuahter khawh.

Hi caan ah, na nuphung theihnak hna a thleng kho. Bianabia ah, na thi chuah a tlawm deuh kho i atuletu in tlawm tete in a chuak kho, hlan zat in a chuak kho, asiloah a tam deuh kho.

Zeitik ah dah thi donghnak cu a um?

Kum 35 in kum 40 tiang ah, na chung i ti a semnak hna ah a ummi tii zat hna cu an zor i na nauinn ah (na chung i ti a semnak in tii a chuak) caandik in ti tlawmpal te lawng a sem kho asiloah a caancaan tete ah atuletu in a sem kho. Thi donghnak na phak tikah, na nauinn chung i ti a semnak hmun ah a ummi tii nung na ngei ti lo i na nuphung theihnak cu a dih. Nu tambik hna cu kum 45 le 55 karlak ah an thi a dong.

Zeimaw caan ah thi donghnak cu ruan ning nakin tuandeuh ah a um tawn-bianabia ah, cancer zawtnak tlopbulnak asiloah pum hlainak ruangah asi kho – asinain hnudeuh zong ah a um kho, zeimaw caan ah kum 60 ah a um kho.

Thi dongh zawtlanghnak hna

Nu poahpoah nih a Dangdang in thi donghnak an in. Nunphung, ngandamnak, lungthin lei harnak le nunning hna telh in, na zawtlanghnak a hiap khomi thil tampi an um.

Thi dongh zawtlanghnak hna ah a telmi hna:

- tak ah a sen linmi hna, zaan thlenchuah asiloah ainmi tuar
- chiatha ah thlennak hna, rocarnak le nupa sinak tuah tik i fah
- lungthin daih lo, cu hna ah lungthin nuam lo, lungretheihnak asilloah ingchiatnak hna an i tel kho
- hliahhlok asiloah thahri fah
- takvun thahnak
- lufah
- nuva sinak tuah duhnak zor (nuva sinak tuahnak duhnak)
- thadit
- hngilhkhawhlonak telh in, hngilh harnak
- philnak
- rihzan kai, ahleikhun in tai hrawng ah.

Thi donghnak zawtlanghnak kongah bawmhnak hmuh ning

Thi donghnak zawtlanghnak kongah bawmhnak na hmuh khawhmi lam tampi an um.

Hmannak lei thiltining

Na hmuh khawhmi hna:

- thi donghnak kong theihhngalhnak tamdeuh in hawl law zawtlanghnak hna kha hngal.
- na pumlei le thinglunglei zawtlanghnak hna kha tialkhumh hna law atuletu an umnak le nifatin na nun a hnursuangmi hna kha tial.
- na ngandamnak kha ti tampi dinnak, ngandamnak eidin einak le caandik pumlei cawlcanghnak tuahnak in thanchoter.
- kuttlaih thlenzahnak asiloah kuttlaih kahmi sii dur i kenpengnak asiloah a herh ning in phoih/ hruk than khawhmi puan khuh penm hruknak in kik tein um.
- yoga le biaknak lei ruahnak tibantuk hna in dorhdamhnak tuahnak tuah. An in thatter deuh khawh i na zawtlanghnak hna an in teiter khawh deuh.

Tlopbulnak hna

Thi donghnak he pehtlai in zawtlanghnak hna, ahleikhun in tak ah alin senmi hna le thlen hna tlopbulnak ah hmanmi tlopbulnak hna ah a telmi hna:

- thi donghnak he pehtlai in thannak le cahnak petu ti tlopbulnak (MHT) asiloah HRT – azatawk in a zualhmami zawtlanghnak pawl caah hmual ngei bikmi thlopbulnak
- MHT hman khawh asi lo tikah adang sii lungdernak dohnak sii tibantuk hna
- Thingram le kokek lei damternak pawl, berbs black cohosh le St John's Wort tibantuk hna
- camhhamh tlopbulnak.

Na siibawi cu hi tlopbulnak hna i tihunnak hna le thathnemnak hna kong nah al khawh.

Na siibawi i zohter

Atanglei hna asi ahcun na siibawi na zohter awk asi:

- na nuphung theihnak kongah na lungrethei.
- nifatin na nun a hnursuangmi thi donghnak zawtlanghnak hna na ngei.
- na ruahnak, eidinnak, hngilhnak le na rian nuamhnak hna ah thlennak hna telh in, lungdernak le lungretheihnak zawtlanghnak hna na ngei


Na zawtlanghnak hna ah hnatin, nu le ngakchia le fahrinnak lei thiamsang siibawi, pum chung chuak thannak le cahnak petu ti lei thiamsang siibawi (hormone lei thiamsang), theihpimi kokek thil hmang thiamsang siibawi, lungthin lei thiamsang siibawi asiloah rawl lei siibawi sinah na zohter khawh.

Tamdeuh theihhngalhnak le bawmhnak caah na GP na zohter khawh, asiloah Nu Ngandamnak caah jeanhailes.org.au ah Jean Hailes kha na pehtlaih khawh asiloah 9562 7555 kha chawn.

Holhlettu na herh ahcun, **Translating and Interpreting Service (TIS)** kha 131 450 ah chawn. Chawnhnak dihlak hna cu alak asi i biathlithup ah chiah asi.



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