



TOGETHER IN SURGICAL MENOPAUSE

Symptoms of surgical menopause

The removal of a woman's ovaries (known as an oophorectomy) immediately sends a woman into surgical menopause. The onset of surgical menopause symptoms can be very sudden

What is Surgical Menopause?

Women who enter surgical menopause due to removal of their ovaries (bilateral oophorectomy) tend to experience a severe and wide range of symptoms.

You may also experience menopause symptoms if you had just one of your ovaries removed (unilateral oophorectomy)

Women undergoing treatments for conditions such as endometriosis, infertility and PMDD may experience menopausal symptoms whilst receiving treatment.

How long do Symptoms last?

Surgical Menopause is a permanent state and for many women symptoms will be lifelong, although not necessarily at the same intensity.

Symptom duration is very individual and can be dependant on lifestyle factors, your age and reasons for having surgery.

Common Surgical Menopause Symptoms

- Hot Flashes
- Night Sweats
- Mood Swings
- Irritability
- Brain Fog
- Loss of confidence
- Anxiety
- Low mood
- Depression
- Fatigue
- Insomnia
- Poor memory
- Poor concentration
- Vaginal symptoms
- Urinary symptoms
- Dry/itchy Skin
- Painful/aching joints
- Increased allergies
- Digestive issues
- Thinning hair
- Palpitations
- Panic Attacks
- Changes in body odour

There is potentially an increased risk of certain conditions including heart disease and osteoporosis because of the lower levels of oestrogen and testosterone.