

Menopause

Its truths and misconceptions - TN

1. Introduction. Let's talk.

1. What comes to your mind when you hear 'menopause'. Brainstorm the ideas.
2. What do you know about menopause?
3. Decide. What is a myth and what is the fact? Mark the statement T or M.

About 75% of women experience hot flashes during menopause. **T**

Estrogen levels drop significantly, impacting mood and physical health. **T**

Hormone Replacement Therapy (HRT) is dangerous for all women. **M**

Hormone therapy can alleviate symptoms but has some risks associated. **T**

Menopause causes weight gain. **M**

Menopause happens suddenly. **M**

Menopause only affects older women. **M**

Menopause only causes hot flashes. **M**

Menopause usually begins between ages 45 and 55 for most women. **T**

Mental health issues can increase during menopause; awareness is crucial. **T**

One-third of women say menopause affects their work life negatively. **T**

Only 20% of women feel comfortable discussing menopause openly. **T**

Women of different cultures report varying experiences with menopause symptoms. **T**

You can't get pregnant during menopause. **M**

2. Reading. Read the following statements before you read the article and decide if they are true or false.

Statements:

1. Menopause is a stage in a woman's life when she continues to have menstrual periods. **F**
2. Researchers have discovered that menopause can affect a woman's mood and bone health. **T**
3. Doctors are unable to offer any treatments for menopause symptoms. **F**
4. Many women feel comfortable discussing menopause openly. **F**
5. Talking about menopause can help women feel less isolated. **T**
6. Menopause is often considered a natural and manageable process. **T**
7. Lifestyle changes like exercise and healthy eating have no impact on menopause symptoms. **F**

Menopause - its truths and misconceptions

1. Recent discoveries about menopause have truly shed new light on this crucial stage of a woman's life, yet it remains a topic many still hesitate to discuss openly. Traditionally shrouded in silence, menopause occurs when a woman's ovaries cease to release eggs, leading to a significant decrease in estrogen levels. This natural transition often results in symptoms like night sweats, mood swings, and sleep disturbances. The lack of open dialogue affects women's health significantly, reinforcing misconceptions and preventing many from seeking the necessary care.

2. The latest research provides insights into how menopause relates to broader health issues, offering a more comprehensive understanding of its impact. These advancements are enriching the medical community's ability to support women during this change. Importantly, these findings highlight the complex nature of menopause, particularly how it differs from one woman to another.

3. A crucial reason why menopause remains an under-discussed topic is the lingering stigma and discomfort associated with aging in women. However, more women are finding the courage to speak out, empowering others by sharing their experiences and fostering a more open conversation. As these discussions unfold, they help dismantle the outdated societal norms that have kept menopause in the shadows.

4. Understanding menopause is not only vital for women who experience it but also for society overall. By acknowledging how this life stage occurs and affects half the population, we can work towards fostering a culture that empowers all individuals to address their health openly and without embarrassment.

5. In sum, these recent advancements are not only highlighting the importance of understanding menopause but are also paving the way for healthier conversations. As these insights become more widely known, they promise a future where women are better supported, ultimately leading to a more enriching and healthy experience during this natural phase of life.

3. Vocabulary practice. Look at the words below. They are the synonyms of the words from the article. Find them.

Term	Synonym
advancements	- progress, development
to affect	- to influence
complex	- complicated
comprehensive	- complete, thorough
crucial	- essential
to decrease	- to reduce
to empower	- to strengthen, to give power
to enrich	- to improve, to enhance
to foster	- to promote
to highlight	- to emphasize

Term	Synonym
insights	- understanding
to linger	- to remain
misconceptions	- myths
night sweats	- perspiration
to occur	- to happen
overall	- general
to relate to	- to connect with
to shed new light	- to clarify
shrouded	- hidden
to unfold	- to reveal, to uncover

4. Let's discuss it.

1. What misconceptions do you think people have about menopause and its effects on women?
3. How can sharing insights about menopause empower women in their communities?
4. Why do you believe discussions about topics like night sweats are often shrouded in silence?
5. How does the overall understanding of menopause relate to women's experiences during this phase?
6. What crucial information do you think should be included in comprehensive education about menopause?
7. How can lifestyle changes, such as diet and exercise, help ease the transition through menopause?
8. What role do support networks (family, friends, healthcare providers) play in helping women cope with the emotional and physical changes of menopause?

Discuss the advantages and disadvantages of open discussion on menopause.

Advantages:

1. Raises awareness about menopause and its effects on women's health.
2. Encourages open conversations, helping to reduce stigma around the topic.
3. Provides support and information for women going through similar experiences.
4. Promotes better research and understanding of menopause-related issues.
5. Helps younger generations learn about menopause before experiencing it.

Disadvantages:

1. Some women may still feel embarrassed or ashamed to discuss it openly.
2. The topic can be seen as taboo in certain cultures, leading to silence.
3. Limited representation in media can make women feel isolated in their struggles.
4. Misinformation and myths may spread if discussions are not accurate.
5. Lack of attention from healthcare providers can lead to unmet needs during menopause.

Extra vocabulary practice. Look at the sentences and think of the words to complement the sentence.

- | | |
|-------------------|--------------------|
| 1. unfold | 11. fostering |
| 2. empowers | 12. are affecting |
| 3. occurs | 13. shed new light |
| 4. is lingering | 14. highlight |
| 5. insights | 15. shrouded |
| 6. crucial | 16. comprehensive |
| 7. misconceptions | 17. relates to |
| 8. complex | 18. enriching |
| 9. overall | 19. decrease |
| 10. advancements | 20. night sweats |

More vocabulary practice. Read the following text and put the missing words in

In a small town, **shrouded** in mystery, lived Anna, a young woman with **lingering** questions about her past. One day, while exploring an abandoned library, she stumbled upon an old diary. Reading it, she found **insights** that would **shed new light** on her family history. It seemed there were **complex** relationships that had been kept secret, deeply **affecting** her life without her knowing. The entries **highlighted** a series of events that occurs in the town every decade, leading to night **sweats** about what might **unfold** next.

Determined to uncover the truth, Anna sought help from an elderly local historian. He offered a **comprehensive** understanding of past events in the town. His **advancements** in uncovering hidden documents had been **crucial** in eliminating misconceptions about the town's history. As Anna discovered more, she realized these revelations could **empower** her, fostering a newfound confidence in her identity.

Anna's exploration was not just about solving a mystery but also about **enriching** her understanding of how her personal history relates to the broader community. As **misconceptions** began to decrease, she found that the overall truth was more enriching than she ever imagined.

Fun time. Listen to the song and fill in the blanks: <https://youtu.be/8D4CP2RcItY>

Oh Ladies, ladies

Oh ladies

ladies it's crazy crazy

oh ladies ladies how was I supposed to

know I'm entering a

nightmare it's crazy crazy my body is

Letting Go I'm up to pee all night yeah Moody

don't get too close to me getting hairy

ovaries will shut down

menopause my lower back is killing me

and I'm full of stress

anxiety don't touch me forget what to do

I lose my mind I'm always

crying just you wait till it's your time

oh ladies ladies my body's a

barbecue

that's randomly

ignited it's crazy crazy the sheets and

shirts that I go

through it's not the way I planned it

must be how am I not yet

empty I'm not 80 but I need to go again

this sucks my lower back is killing me

I'm full of stress

anxiety and don't touch me forget what

to do I lose my mind I'm always

crying just you wait till it's your time

oh ladies

ladies my mind is

hazy

oh oh ladies ladies how was I supposed to

know the it's crazy crazy my body is

Letting

Go I must

confess I feel like a mess it's wiping

me out what is

happening to me I don't want hair here

here yes I need some

wine just you wait till it's your time

my lower back is killing

me I'm full of stress

anxiety and don't touch me forget what

to do I lose my mind I'm always

cry just you wait till your

conf feel like a mess it's wiping me

out what

is to me I'm throwing hair here yes give

me

more just you wait till it's your

time

Fun time. Listen to the other song and enjoy it. <https://www.youtube.com/watch?v=AcVFtu-ZmmM>

Bohemian Rhapsody – Menopause

Is this my new life?
 Irritability?
 Shutting down inside I can't sleep and am so
 itchy
 Got sweaty thighs This is my demise, you see....
 I'm just a woman asking for sympathy Because a
 hot flush comes, memory goes
 Mood is high, then it's low Every day, OOOOh,
 more hair grows where I
 don't want any to be - poor me!
 Mama It's menopause
 No more children can be bred Now my ovaries
 are dead
 Mama No, it's not much fun
 I once was hot in quite a different way!
 Drama, oooh, Don't know if I'll laugh or cry
 I can't remember my plans for tomorrow, And my
 'drive' has all gone
 My brain is feeling scattered.....
 Too late, my prime has gone, Bones shrinking in
 my spine,

Body's aching all the time Good night - no, I
 won't sleep.
 Just got to go Gonna toss and turn and pee the
 whole night through
 This hellish club turns all women into wild
 banshees,
 Banshees, banshees!
 So you think you can stop age and turn back
 time
 So you think that your fountain of youth won't
 run dry?
 Oh, ladies, take it from me, poor ladies It's going
 to get you, your time will soon come - be
 prepared!
 OOOh-oooh-oooh oh yeah, oh yeah
 My nerves are all shattered, always need to pee
 Hairier and fatter, Menopause is battering me
 At least no more 'Aunt Flo'.... (monthly period)

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