

The Dr Daisy Blog at *Menopause Matters*.

This month ...

# Reasons to be cheerful in middle age!



**So did you know - that the 'nifty-50's!' are the happiest age group in the UK!**

**It's a fact!**

**"The over 50's are happier, wealthier and more carefree than they have ever been!"**  
reported Sarah Young from *The Independent*, last year.

Her article, reported some fascinating findings from a 2016 study, run by a financial services company. This involved asking 50,000 people aged over 50, their attitudes to life and leisure.

The study found the over 50s:

- feel 4 years younger than their mental age, and 10 years younger than their physical age!
- are fuelling the leisure industry - travelling, and taking up hobbies such as learning a language and playing a music instrument
- would not regard themselves as old until they are 77!
- 61% reported are happier now, and attributed this to having more time to follow their own pursuits.

Just reading her article gave me – now aged 56 - the happy factor!



## **What is there to Look Forward to? – in Later Life**

Medical research does support the fact, that women get happier, as they get older!

A 2016 Australian study followed a group of women for 20 years, aged 50-64 as they transitioned to life aged over 65, and recorded their mood. Over the study period, negative mood and depressive symptoms lessened significantly.

## **Women Report Feeling Pretty Fantastic after Menopause**

From her article entitled [“Women Report Feeling Pretty Fantastic after Menopause”](#), the author revealed: “Women reported being more patient, less tense, and less withdrawn as

they entered their 60's. They were no longer experiencing the physical symptoms associated with menopause and were actively engaging in the community. Many women are more comfortable within themselves by the time they enter later- life, and a majority have accepted and embraced the aging process."

Women felt much more positive and enjoyed having more "me" time.

## How to Live your Life over 50?

"Turning 50 is brilliant!" says Rebecca Perkins, life coach and blogger, who has written her book "[Best Knickers always; 50 lessons for midlife!](#)" – women in their 50's can be happier, healthier and sexier than ever before!

Rebecca encourages women to decide how they want to live this second phase of their lives, by doing things differently. She also encourages women to accept the changes to their bodies, and appearance, and grow older with dignity.

## Better Sex over 50!

Interestingly, sex may be better in women over 50! In her article "[The Fascinating Truth about Women and Sex over 50](#)" Pamela Madsen makes some key points, for example, "for many women, turning 50 triggers their sexuality alarm clock in a big way. And I love it - because this emerging interest in their sex life often results in the best sex they have ever had."

When you think about it, the over 50's are often in a relatively good position.

They have financial security, retirement beckons and they have reached a point in their marriage/ relationships where they are no longer raising young children and focused on their careers. They can now let go and concentrate on doing things for themselves.



So - Let's see what might be standing in the way of a happy menopause?

Can we dispel those myths? ...





## Common Myths about Menopause

### 1. Life is over – it's never going to be the same

Completely untrue! Go back to the beginning of this blog post!

### 2. You will know you are menopausal when you get hot flushes

Definitely not true! 80% of women have hot flushes – 20% don't.

You may be going through the menopause without having hot flushes.

For a list of menopause symptoms see [www.verywellhealth.com/the-most-common-menopause-symptoms-2322666](http://www.verywellhealth.com/the-most-common-menopause-symptoms-2322666)

### 3. Menopause only causes bodily symptoms

Completely not true! – menopause is associated with a range of psychological/emotional symptoms - anxiety, low mood and depression

[www.everydayhealth.com/hs/guide-to-managing-menopause/emotional-symptoms/](http://www.everydayhealth.com/hs/guide-to-managing-menopause/emotional-symptoms/)

### 4. You will hit the menopause when you reach the age of 50

Not true for everyone! The average age of menopause is 51, but there is a wide range of normality – Usually between ages 45 - 55 – however it can occur at any age - premature menopause [www.nhs.uk/conditions/early-menopause/](http://www.nhs.uk/conditions/early-menopause/)

- and occasionally later aged 57/58

### 5. Menopause makes you put on weight

Funnily enough - not true either! A major review in the journal Climacteric reported that women tend to gain rate around 0.5 Kg per year, and this is not affected by menopause, but at menopause, there is a change with fat been distributed centrally around the abdomen.

<https://www.sciencedaily.com/releases/2012/10/121016084938.htm>

### 6. At menopause your sex life goes down hill

Completely not true! - Reread the beginning of this blog post!

### 7. HRT is the always the solution

Not true - unfortunately! HRT has much to offer for many women. However there are many alternatives to help alleviate symptoms. For example Cognitive Behavioural Therapy



[www.womens-health-concern.org/help-and-advice/factsheets/cognitive-behaviour-therapy-cbt-menopausal-symptoms/0](http://www.womens-health-concern.org/help-and-advice/factsheets/cognitive-behaviour-therapy-cbt-menopausal-symptoms/0) provides a psychological approach to coping with menopausal symptoms.



**8.HRT is dangerous**  
Definitely not true!

“For the majority of women who use HRT for the short-term treatment of symptoms of the menopause, the benefits of treatment are considered to outweigh the risks.” British Menopause Society BMS [www.womens-health-concern.org/help-and-advice/factsheets/hrt-summary/](http://www.womens-health-concern.org/help-and-advice/factsheets/hrt-summary/)



HRT is a natural estrogen, chemically identical to the estrogens your own ovary has been producing during your lifetime, and is totally different to the synthetic estrogens for example in the combined contraceptive pill.

**9. Menopause doesn't matter!**

Well you wouldn't be on this website if that was true!

Women now live between half to one third of their life in the post menopausal period.

The good decisions you make about your menopause care, will help you to live a healthy, disability-free, old age!



Becoming menopausal is a great time to assess your health and make positive health choices!

Yes - Your Menopause Does Matter!

*Happy Christmas = Happy Menopause!*

**Dr Daisy December 2018**

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