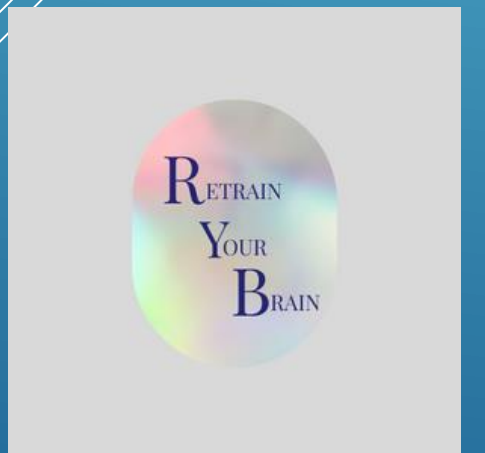




Menopause Symptoms & Prostate Cancer Side Effects

By Julie Gordon
Retrain Your-Brain



About Julie Gordon



Licensed Menopause Champion in partnership
with Menopause Experts

Accredited Relaxation, Meditation & Mindfulness
Mentor

Delivered training for over 20 years

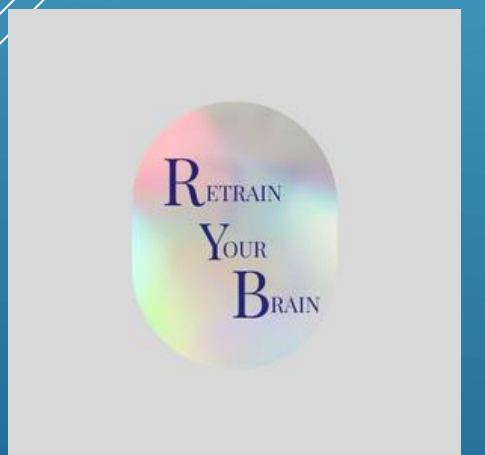
Supporting individuals on a one-to-one basis for
over six years

Menopause
Experts

RETRAIN
YOUR
BRAIN

Before knowing Bill or reading posts...

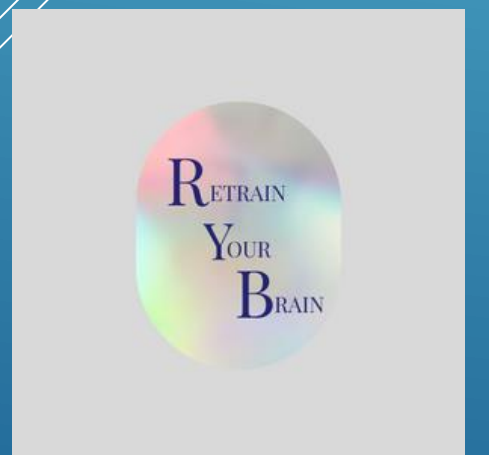
Give me a wave if you knew the connection with Menopause symptoms and Prostate Cancer



What is Menopause?

Menopause can happen at any age. It can happen naturally, through surgery or treatments.

Menopause is when the reproductive system stops.



When you get
old you get
hot flushes...

This was my knowledge
about Menopause



Some Hidden symptoms of Menopause

Difficulty
learning
new things

Losing
train of
thought



Palpitations

Re-call

Thinking of
names or
words

My body
craving
Sugar
& Caffeine



RETRAIN
YOUR
BRAIN

The logo features the text 'RETRAIN YOUR BRAIN' in a serif font, centered within a circular graphic that has a rainbow-like gradient.

People would look at me with the
“what is the matter with you”, look

Comments like ...
“She won't remember”
and
“It's no good asking her”



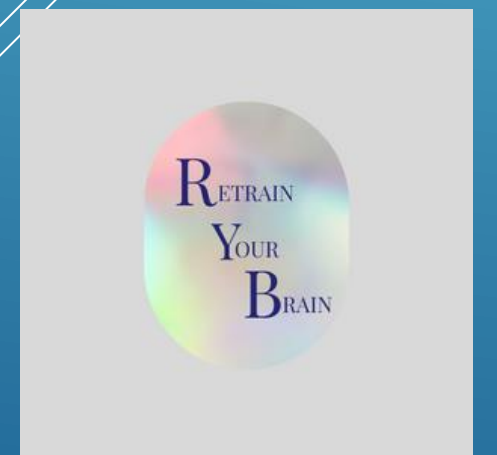
I don't know
but it shattered my confidence



**Now try to imagine anyone in this room
having a hot flush and you hear....
Are you Menopausal?**



**You never know what someone is
experiencing**



Retrain-yourbrain

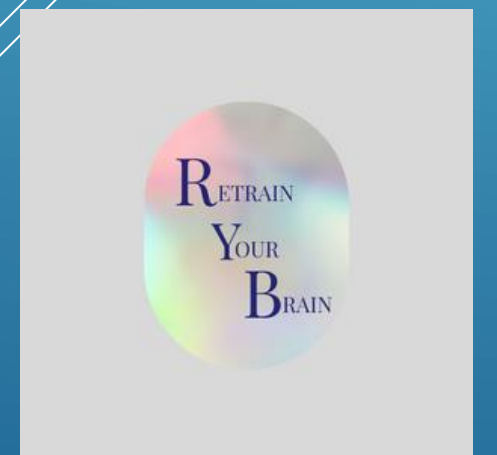
If you notice a change in someone; quiet, rage, tearful, not engaging

✘ Avoid firing questions

✘ Do you want a hug

You may get lots of colourful answers

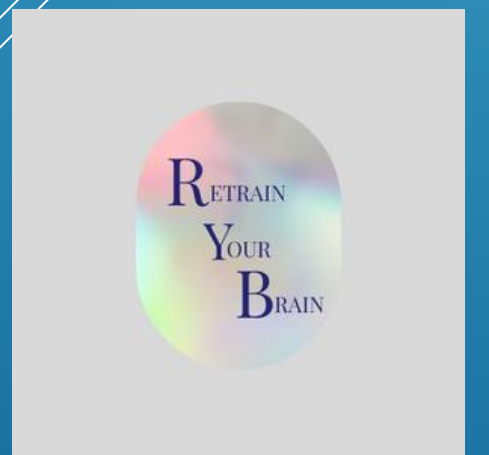
✔ Can I give you a hug



Our thoughts

It takes time to process information and the brain can get overloaded with thoughts.

Processing Prostate Cancer, we don't know how many thoughts this adds

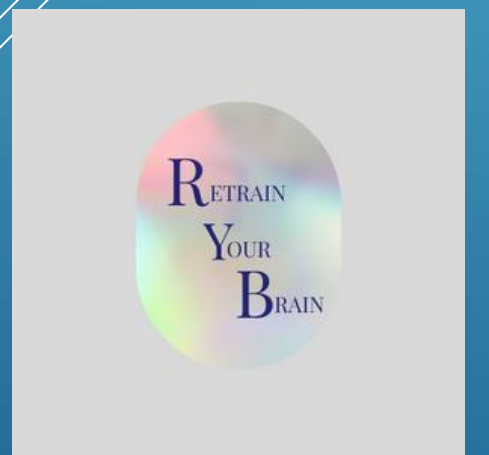


Our thoughts

We have 60,000 thoughts per day

What percentage are negative?

80%

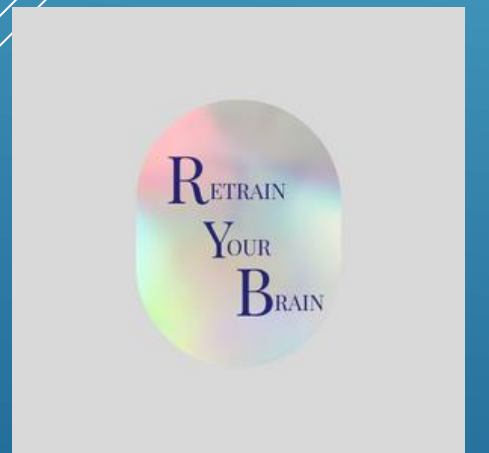


Our thoughts

Out of the 60,000 thoughts

What Percentage are Repetitive?

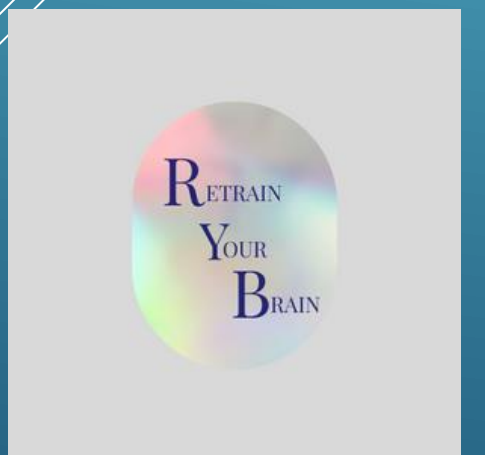
95%



How to Provide Support...

Your partner

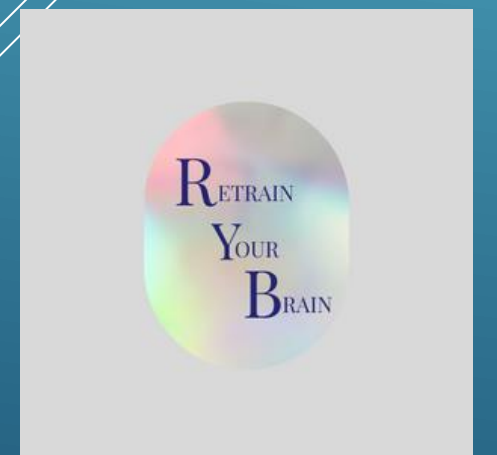
- Be patient with each other - you are both processing information
- Open communication - be honest with continuous communication. Just remember they may not want to talk to you to burden you, but they will talk to someone else. Accepting that can be hard
- Active Listening - no phone no laptop, all gadgets away, no distractions



How to Provide Support...

Your partner continued...

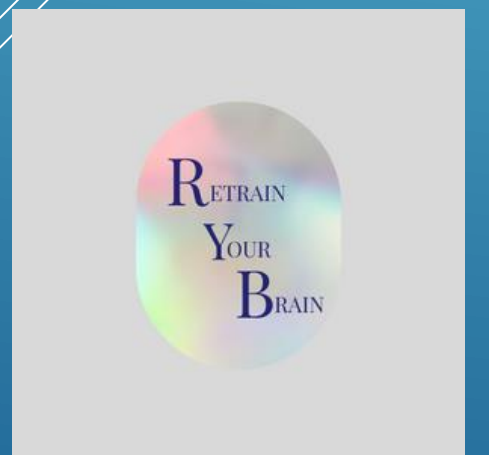
- Set up reminders for everything, dentist, appointments social events
- Positive communication - Twenty years ago when I was training colleagues, my head was clear at work but muddled at home. What was different?
- While training I tell people how to do something
- I could hear myself saying to my son's, don't do this or that, I retrained my brain to say walk on the path. My mind was clear again.



How to Provide Support...

Family/friends

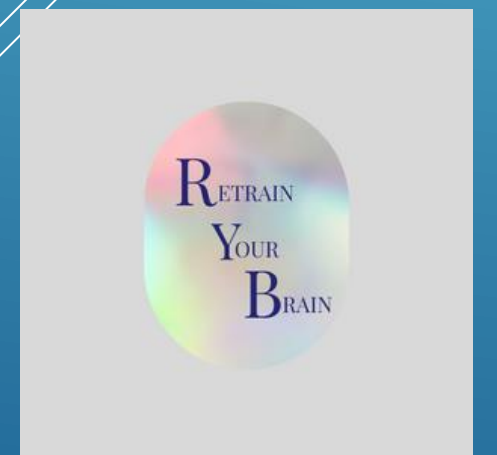
- Keep social events the same and talk to them the same
- listen - no distractions
- ✗ Avoid asking too many questions
- ✓ What do you need right now?
- Let them know you can attend appointments or be with them for calls to help gather information



How to Provide Support...

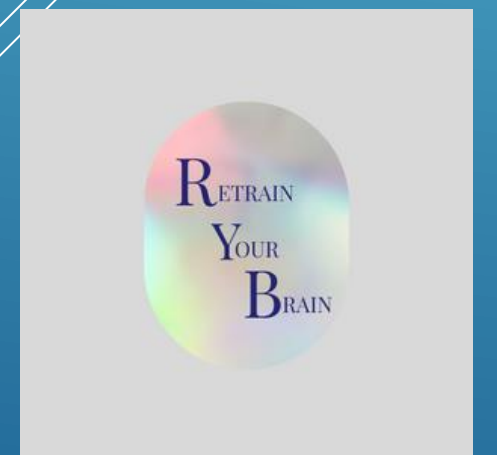
Family/friends continued

- Write down Macmillan support line 0808 808 0000
8am -8pm Email & chat
- Citizens Advice Line including Financial support
England 0800 144 8848
- Prostrate Cancer UK provide Specialist Nurse 'Life
on ADT' classes on Zoom
- Androgen deprivation therapy



How to Provide Support... In the workplace

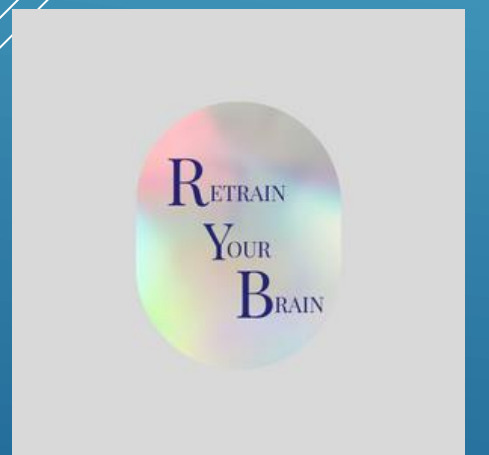
- Listening what does the colleague need
- Allow the colleague to move away from the task they are doing
- Nothing gets done during overwhelm
- Go to the toilet. Make a drink. Walk. 2 mins of silence resets and recalibrates your brain



How to Provide Support...

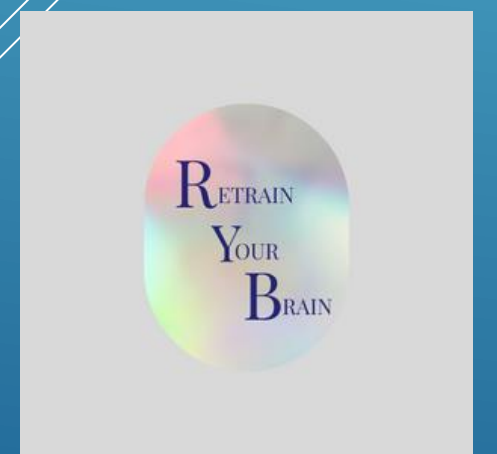
In the workplace continued

- Offer EAP Employee Assistance Program
- Colleagues come to me because they don't want to use EAP
- I can help facilitate between managers and colleagues
- Business Owners need support too!



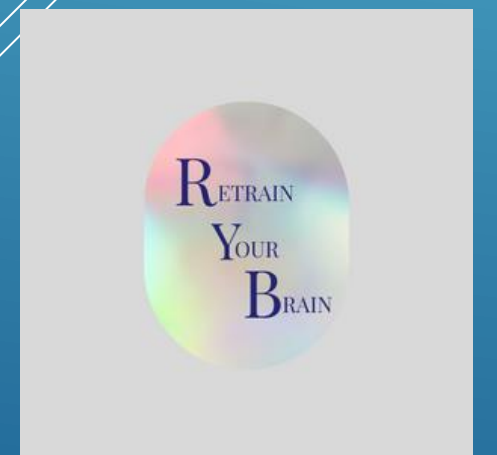
Symptoms and How to Manage

Symptom	Management
Hot flushes	Wearing layers/ awareness of temperature
Fatigue/ tiredness	Plan your work around your day
Waist weight-gain	✗ Diet ✓ nourish my body What happens if you put petrol in a diesel car? If I say - don't think of.....
Tolerance to alcohol, sugar and caffeine may change	Adjusting consumption accordingly



Continued...

Symptom	Management
Breast swelling and tenderness	Changes in oestrogen & testosterone due to HRT
Strength and muscle loss	✗ Exercise ✓ Movement walk up the stairs waiting for kettle
Bone thinning if severe can lead to Osteoporosis	Carry bottled water in each hand while walking up the stairs



WIN 5 Step Strategy to Reduce Stress

Let's connect and chat
Talk to me afterwards





Contact Us!

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Thank you to Tara Stoyles
of Pink Spaghetti Portsmouth

