



Understanding Health Concerns After Menopause

As one of the phases women go through, menopause sometimes causes discomfort in several ways, including the reproductive system.

Age changes in the female reproductive system are predominantly caused by changes in hormone levels. One of the signs of ageing that occurs when menstrual periods stop permanently is known as menopause.

Menopause is a normal part of a woman's ageing process. The phase experienced by menopausal women is around the age of 50 or in the age range of 45 to 55 years old, but it can vary due to differences in medical conditions or other things in each woman. Hormonal changes, amongst other factors following menopause, can cause discomfort; for example, reproductive system disorders, including the following:

1. Changes in the urinary system, such as the frequency and urgency of urination and increased risk of urinary tract infection. This is due to decreased levels of the hormone oestrogen, resulting in the thinning of the bladder and urinary tract tissue. As a result, the muscles that control the bladder weaken. This condition also causes the "leakage" of urine, especially when laughing, coughing, and sneezing.
2. The condition of the vaginal wall thins, becomes drier, reduces elasticity, and may be irritated in the absence of oestrogen, causing vaginal atrophy. The symptoms are vaginal itching, burning, painful sex, the urgency to urinate, and pain.
3. Some women lose interest in sex during and after menopause due to a lower libido and sexual response. Additionally, the presence of menopausal symptoms, such as drier genital tissue and lower oestrogen levels, results in less interest in sex.

4. Vaginal dryness and itching cause discomfort and can occur during pre-menopause (the period 3-5 years before menopause) and continues until menopause. These symptoms can cause friction and discomfort during vaginal sex and increase the risk of infection if the skin breaks. Consult your doctor to learn about the potential risks before and after menopause. This is one way to maintain sexual health and the reproductive system, especially if you have a family history of heart disease and osteoporosis.

Tips to Stay Healthy After Menopause

- Live a healthy lifestyle by exercising regularly three times a week, consuming healthy nutritious food, and getting enough sleep.
- Maintain a healthy weight with a balanced, low-sugar diet.
- Do not smoke and avoid secondhand smoke.
- Control high blood pressure to stay within normal limits to reduce the risk of heart disease.
- Reduce stress with relaxation methods or regular exercise. If you have mood swings or anxiety, try counselling with an expert.
- Meet with friends or those closest to you to deal with mood swings that arise during menopause. Being around friends can help you through this phase, especially for those who have experienced menopause.

HOW DOES HDI PRODUCT HELP?

Complete the tips above with supplements that can help maintain health before and after menopause, such as HDI Origins™ Royale Jelly Plus Liquid. One of its main benefits is maintaining reproductive health after menopause. In addition, the other properties are known to help reduce the risk of premature ageing, improve memory, and protect the nervous and immune systems.



Sources/References:

- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/staying-healthy-after-menopause>
- <https://www.halodoc.com/artikel/4-gangguan-sistem-reproduksi-wanita-setelah-menopause>
- <https://medlineplus.gov/ency/article/004016.htm>



了解更年期（绝经后）的健康问题

作为女性经历的阶段之一，更年期有时会在几个方面引起不适，包括生殖系统。

女性生殖系统的衰老变化主要是由激素水平的变化引起的。当月经永久停止时出现的衰老迹象之一被称为更年期。

更年期是女性经历正常衰老过程的一部分。女性经历更年期的阶段是在50岁左右或45至55岁之间，由于每个女性的身体状况或其他因素的差异，所以会有所不同。绝经后荷尔蒙的变化和其他因素会引起不适，例如生殖系统疾病，包括：

破损，还会增加感染的风险。请咨询您的医生，了解更年期前后可能出现的风险。这也是维持性健康和生殖系统的一种方式。特别是如果您有心脏病和骨质疏松症的家族史。

绝经后保持健康的秘诀

1. 泌尿系统的改变，如尿频、尿急、尿路感染的风险增加。这是由于雌激素水平降低，导致膀胱和泌尿道组织变薄。因而控制膀胱的肌肉变弱。这种情况还会导致尿液“漏出”，尤其是在大笑、咳嗽和打喷嚏时。
2. 阴道壁变薄、干燥、弹性降低，并可能在缺乏雌激素的情况下受到刺激，导致阴道萎缩。症状是阴道瘙痒、灼痛、性交疼痛、尿急和疼痛。
3. 一些女性在绝经期间和绝经后由于性欲和性反应降低而对性生活失去兴趣。加上更年期症状的存在，例如生殖器组织干燥和雌激素水平降低，所以导致对性的兴趣降低。
4. 绝经前（绝经前3-5年）会出现阴道干涩、瘙痒等不适，并一直持续到绝经。这些症状会在阴道性交时引起摩擦和不适，如果皮肤

- 拥有健康的生活方式。例如每周定期运动3次，食用健康又有营养的食物和充足的睡眠。
- 通过均衡的低糖饮食保持健康的体重。
- 不吸烟并避免吸二手烟。
- 将血压控制在正常范围内以降低患心脏病的风险。
- 通过放松方法或定期运动来减轻压力。如果您觉得自己情绪波动、焦虑，请尝试咨询专家。
- 与朋友或最亲近的人会面，以应对更年期经常出现的情绪波动。和朋友在一起可以帮助您度过这个阶段，尤其是对于那些经历过更年期的人。

HDI产品如何帮助您？

通过摄取有助于在更年期前后保持健康的保健品来完成上述保健方式，例如 HDI Origins™ 液状蜂皇乳，其主要好处之一是在更年期后维持生殖系统健康。此外，其他特性也有助于降低过早衰老的风险、改善记忆力、保护神经系统和免疫系统。



来源/参考：

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Stay young and healthy after menopause

When I was in my 30s, my sister recommended to me HDI Pollenergy 520 and Royal Jelly. After taking the products for some time, I joined HDI as a member and started sharing the goodness of HDI products to all my family and friends.

I was also introduced to the other HDI products such as Trimee, haircare and BSKIN skincare. All the products gave me great results.

Now at the age of 74, more than 35 years of taking HDI products, all my friends were amazed at how young and healthy I look and kept asking me the secret. I always confidently tell them to consume and apply HDI products!

更年期后依然年轻和健康

在我30多岁的时候，姐姐向我推荐了HDI 520活力花粉和蜂皇乳。服食这些产品一段时间后，我便加入了HDI成为会员，并开始与我所有的家人和朋友分享HDI产品的优点。

我还了解到其他HDI产品，例如纤美、护发产品和BSKIN护肤产品。所有的产品都让我得到意想不到的结果。

现在的我已74岁，服用HDI产品超过35年，我所有的朋友都对我看起来如此年轻和健康感到惊讶，并不断询问我的秘诀。我总是自信地告诉他们秘诀就是服用和使用HDI产品！

Margia Ong
74 years old



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HDI products helped heal my womb infection

In March 2017, I suffered severe pain in my lower abdomen. Initially I was not too concerned. After 3 months, the pain became so frequent. I consulted a doctor and did an ultra sound. The results showed that I had PID (Pelvic Inflammatory Disease) which is an infection of the womb. I was given high dosage of antibiotics. The side effects were nausea and vomiting. I was not able to tolerate the side effects so I increased my consumption of HDI Clover Honey, Pollenergy 520, Royale Jelly Liquid, Propoelix™ Plus and Dynamic Trio+Enzymeminerals. One week later, the ultrasound results showed improvement, the pain and infection were gone!

HDI产品帮助治愈子宫感染

2017年3月，我的小腹有着剧烈的疼痛。3个月后，疼痛变得频繁。于是我咨询了医生并且做了超声波。结果显示我患有盆腔炎（PID），我的子宫受感染了。医生就给我注射高剂量的抗生素，结果副作用是恶心和呕吐。我无法忍受副作用，就增加了HDI苜蓿蜂蜜、520活力花粉、液状蜂皇乳、Propelix™ Plus和动力酵素宝（Dynamic Trio+Enzymeminerals）的服食剂量。一周后，超声波结果显示我的状况改善了很多，疼痛和感染消失了。

Meiske M
40 years old

