



Get Connected!

 www.maybeitsmenopausemayhem.com

 [Maybe_its_menopause_mayhem](https://www.instagram.com/maybe_its_menopause_mayhem)

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WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast Maybe it's Menopause Mayhem.

It's here to share the key headlines in a clear, easy-to-understand way – so you can feel a little more informed, a little less alone, and a lot more supported.

We start with a look at hair thinning; visit page two if you're all about the unwanted hair!

THE FACTS

1: Our dear frenemy, Oestrogen!

Yep, it's another symptom linked to declining oestrogen levels, with it leading to an increase in the amount of hair we're shedding.

2: Will I go bald?

Hair thinning is gradual so don't worry you're not going to wake up hair-free one morning. And it most commonly affects overall volume rather than causing sudden bald patches.

3: It's a common symptom

You are not alone; 1 in 2 women will experience hair thinning during menopause.

WHAT CAN I DO?

Be gentle with your hair and scalp



As your hair may be more fragile, gentle hair care is important. Try to limit excessive heat styling,

harsh chemical treatments & ultra-tight hairstyles as this can help reduce breakage and shedding. Review what you use to wash your hair – look for nutrient-rich products that support hair strength & scalp health.

Self-care matters!



The hair growth cycle can be supported with a balanced diet, making sure you're getting enough iron, protein, vitamin D and B vitamins. Try to manage your stress levels, prioritise sleep and stay hydrated. It all helps!

Don't be afraid to seek support



Hair thinning can be persistent & upsetting – don't suffer in silence. A medical professional can advise on suitable treatment options. This could be HRT or clinically recommended hair loss treatments.

IMPORTANT

Check for underlying health factors

Low iron, thyroid disorders, vitamin deficiency & high stress can all contribute to hair thinning and shedding. If your hair loss is sudden or noticeable, book in to see your GP as some simple blood tests can check your iron, thyroid & rule out any other causes.

Unwanted hair? Chin? Lip? Anywhere?
Keep reading.....

Maybe It's
**MENOPAUSE
MAYHEM**



UNWELCOME HAIR!

So we've taken a look at the hair we want to keep but what about the ones that have arrived and claimed squatter's rights on our chin, lip and a whole heap of other places!

While we examine the hair atop our head, making sure its all still there, we get out our magnifying mirrors to take a closer look at what is sprouting like an aging potato!

Let's face it together and find out a bit more...

THE FACTS

1: O.E.S.T.R.O.G.E.N

Spell it out. It's back and its making us hairy. Declining oestrogen, coupled with an increase in androgens (male hormone) can result in this unwanted facial hair.

2: You are not alone

Studies show that around 4 in 10 women notice new facial hair during menopause, mainly on the chin but also upper lip, jawline & neck. Had them before? They may now be darker, coarser & grow more quickly.

3: Genetics are getting in on the act!

If female relatives experienced it, you may be more likely to notice it too!

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WHAT CAN I DO?

Safe at-home hair removal...



We've been using these methods for years - sometimes at home, other times at with a beauty specialist - tweezing, waxing, threading, facial hair trimmers are all common and effective ways to manage that unwanted hair. Allow time for regular hair maintenance & invest in a decent pair of tweezers!

Getting professional about it!



When at-home solutions don't feel enough, options such as laser hair removal or electrolysis can provide long-term reduction. The treatments target hair follicles, reducing how quickly and coarsely the hair grows.

Seek medical advice if needed



As with hair thinning, significant levels of unwanted hair can be distressing. If you're experiencing sudden, excessive unwanted hair, see your GP or a specialist. They can assess your hormone levels and discuss treatments, including prescription options where appropriate.

IMPORTANT

Remember I am not medically trained

If you are worried or the hair growth (or thinning) is excessive, don't dismiss it as menopause - book in with your GP or a healthcare specialist to get it checked.

And finally... please don't let those hairy moments get you down

