

## Is This You?

**Had both ovaries removed? This is known as surgical menopause.**

**You might be feeling:**

- confused
- off
- depressed
- distressed
- unheard
- anxious
- disconnected
- lost

You may not have been told what to expect and don't have an effective support system.

You're not alone, we understand.

## About Us

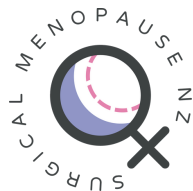
**We're here to walk alongside you.**

Surgical Menopause NZ Trust is a New Zealand charitable trust providing support, education, and advocacy for people living with surgical menopause.

Our work is informed by lived experience and a commitment to accessible, evidence-based care.

We work in partnership when possible with women's healthcare providers.

## Contact



**Surgical  
Menopause  
New Zealand  
Trust**

*Menopause is not always natural*

**info@surgicalmenopause.org.nz**

Join our peer support group:  
**Surgical Menopause NZ** on  
Facebook

## Follow us



## More Info

Visit our website for more  
information.

**surgicalmenopause.org.nz**



# Navigating Surgical Menopause?

**You're not alone. Support &  
information are available.**

Surgical menopause is complex. It can feel sudden, confusing, or overwhelming but you don't have to navigate it on your own.



**surgicalmenopause.org.nz**

## What is surgical menopause?

Surgical menopause happens when both ovaries are removed either during a hysterectomy or another type of surgery.

This causes an immediate drop in estrogen, progesterone and testosterone, often leading to sudden and intense symptoms.

It's different from natural menopause, which happens gradually.

The Surgical Menopause New Zealand Trust has created a comprehensive guide. You can download the booklet on our website.

## Who experiences it?

People may undergo surgical menopause due to:

- Endometriosis
- BRCA or other genetic risks
- Cancer
- Chronic pain or heavy bleeding
- Emergency surgery

## What You Might Experience

Every experience is unique, but common effects include:

- Hot flushes, night sweats
- Fatigue, sleep disruption
- Anxiety, low mood, irritability
- Brain fog, memory issues
- Vaginal & bladder changes
- Painful sex
- Reduced libido
- Joint & muscle pain
- Digestive issues

**You're not imagining it and you don't just have to live with it.**



## Treatment & Support Options

### Hormone Replacement Therapy (HRT)

Replacing the hormones lost can reduce many symptoms and protect long-term health.

### Non-Hormonal Options

- Medications
- Acupuncture
- CBT or mindfulness
- Hypnotherapy

### Mental & Emotional Wellbeing

Surgical menopause can affect your mood, identity and relationships. Therapy, support groups and shared experiences can help.

### Lifestyle Tips

- Strength training
- Balanced nutrition
- Stress support
- Sleep hygiene
- Pelvic health therapy

Visit our website for more support.