

# Does menopause affect your mind?

Hormone changes during menopause lead to hot flashes, night sweats, and other common physical complaints. But could these same chemicals influence your emotions? Yes—and they are not the only things contributing to menopausal mood changes. Take this quiz to learn more.

## True or false:

1. Most women do not feel the emotional effects of menopause.  
True      False
2. Hormones are just one factor influencing mood during this time of life.  
True      False
3. The best way to deal with the psychological consequences is to wait for menopause to end.  
True      False

## Answers

1. False. The most common psychological side effects may be sadness, anxiety, irritability, and mood swings. Some women become tearful or

have feelings of despair. Others report positive mood changes—they may feel a new sense of freedom and possibility.

2. True. Hormones can directly affect your mood. But so can many other transitions that can happen during menopause. You might be disappointed that you cannot have children anymore, anxious about money or relationships, or feeling bad about getting older. Combine all that with sleep problems and other menopause symptoms, and it is no surprise women often feel sad or nervous. Women who had depression earlier in their life may risk a relapse during this time.
3. False. Talk with your health care provider if your emotions take a toll on your daily life. Lifestyle changes might help, such as getting more sleep, getting physical activity regularly or using relaxation techniques. You also might find some relief in a support group of women dealing with the same issues. Talk with your health care provider if you have questions about menopause.

## Apple tuna sandwich



### Ingredients

2 6-ounce cans unsalted tuna in water, drained  
1 medium apple, chopped  
1 celery stalk, peeled and chopped  
¼ cup low-fat vanilla yogurt  
1 tsp prepared mustard  
1 tsp honey  
6 slices whole wheat bread  
6 lettuce leaves  
6 slices tomato

### Directions

1. Combine and mix the tuna, apple, celery, yogurt, mustard and honey.
2. Spread ½ cup of the mixture on 3 bread slices.
3. Top each slice of bread with lettuce, tomato and remaining bread.
4. Cut sandwiches in half or as desired.

### Nutrition Information

Yield: Three servings; serving size is one sandwich.  
Each serving provides: 330 calories, 4 g total fat, 1 g saturated fat; 35 mg cholesterol; 370 mg sodium.