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## Maniacal Menopausal Journal

by Sue Thompson

Day 1	<p>Think I am starting the menopause!          No period now for over a year, yippee one might think; but it is like the end of an era. The ending of me as a woman. Now I am officially over the hill.</p> <p><b>BUT NO HOT FLUSHES</b></p>
Day 20	<p>Woke up in night screaming – Burt reached over and put his hand lovingly on my chest, ‘you ok love’ he said. No there was a naked humanoid curled up by the side of my bed, of course I am not all right. Sweat pouring off me – maybe this is a hot flush!</p>
Day 25	<p>No one wants to discuss the “Menopause” apparently it is a no go area. Really do we not need to support each other whilst we go through this metamorphosis, where is the camaraderie. Where are all those women who I chat to endlessly on the phone and at work? Mention the M word and they cough politely and turn away.</p> <p>So I am turning to the internet.          Found a Dr who has transformed her life; leaving her husband of 30 years, going platinum blonde and changing her job. I hate her instantly, obviously she has the money to do this, how else has she been able to achieve the impossible, plus she is far too up beat for me.</p> <p><b>NO HOT FLUSHES</b></p>
Day 39	<p>Foods/drinks I can no longer eat:          CHOCOLATE          COFFEE</p>

	<p>ONIONS</p> <p><b>My life has ended.</b></p> <p><b>NO HOT FLUSHES</b></p>
Day 57	<p>Had another nightmare, can't remember what it was about but fear engulfed me. Burt put his hand out to comfort me and I bit into it, hard. I am not sure if the pain caused him to jump up out of bed or it was the thought of the getting blood all over the sheets, it did stop after an hour. I suggested we went to A&amp;E but he was adamant that it was fine once I had soaked it in TCP and bandaged it up. Still it cheered me up no end.</p> <p><b>NO HOT FLUSHES</b></p>
Day 89	<p>A few friends have suggested the lady care magnet, you pop it in your knickers and heh ho no more Mood swings, fatigue, water retention, bloating and hot flushes. So I have bought one from Amazon, I am sure it will be £25 well spent. Then she mentioned you have to watch metal trollies at supermarkets - just avoid them she said!</p> <p><b>NO HOT FLUSHES</b></p>
Day101	<p>I am officially shrivelling up inside. Everything is closing down my body is giving up. I feel like I am drowning in menopausal misery. I am full of self-doubt, where am I, who am I. I wake every night at 2am. Burt lying beside me oblivious to the anguish and pain I am feeling. His breathing so shallow I can barely hear it and yet I want to kill him.</p> <p><b>NO HOT FLUSHES</b></p>
Day 115	<p>So I have been wearing the magnet for several days and am feeling intense pain from one side of my abdomen. When I mention this to a friend she enquires if I have anything metal inside of me!! The realisation suddenly hits me, of course surgical metal clips; OMG the magnet is sucking the clips out through my body with a magnetic force! Of course she thinks this is hilarious as I rip the magnet from my knickers.</p>
Day 300	<p>When you have gone through the menopause there is a feeling of smugness – I have done it I have survived. It was a synch. No problem. What was all the fuss about?</p>
Day 321	<p><b>HOT FLUSHES!</b></p>