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About menopause



A straightforward guide to menopause

| | |
|------------------------------------|--|
| What is menopause? | A normal change when your periods have stopped for more than a year |
| When does menopause happen? | Usually between the ages of 45 and 55 but can start earlier It can take a few months or 5–10 years for periods to stop completely |
| Why does menopause happen? | Because your ovaries start to run out of eggs |

What are some changes leading up to menopause?

| | |
|-----------------|--|
| Body | Your periods change as you get older |
| | Periods get heavier, lighter or not come each month |
| | Breasts can be sore |
| | You might feel hot and sweaty – called a <i>hot flush</i> |
| | Your vagina can become drier. Sex may be uncomfortable but special creams can help |
| | Some people get extra hair on their face or body |
| | You might put on weight, especially around the tummy |
| Feelings | Itchy or crawling feeling under your skin |
| | Your moods and feelings might change |
| | You may feel forgetful, angry or worried at times |
| Other | You might lose interest in sex |
| | You might feel more tired Some people find it harder to sleep |



It's normal for your body to change during your life



*Not everyone experiences these changes
- every person is different*

What you can do to feel better

- Continue contraception until periods stop for a year
- Eat plenty of vegetables, fruit and whole grains
- Walk and be active each day
- Drink lots of water
- Use lightweight clothing and bedding to reduce hot sweats
- Aim for good quality sleep
- Quit smoking – get support to help
- Avoid food and drinks that trigger hot flushes
- Have regular health checks including breast and cervical screening
- Talk with friends about the changes they experienced
- Talk with your doctor, nurse or health worker about changes that stop you doing usual activities and things you enjoy



After menopause you won't need to manage periods again