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



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