

MENOPAUSE

what are the symptoms?

Menopause occurs when you have not had a menstrual period for 12 months.

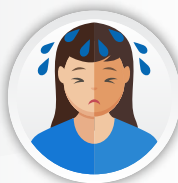
Symptoms:



CHANGE IN MENSTRUAL PERIODS IS AN EARLY SYMPTOM



HOT FLUSHES



NIGHT SWEATS



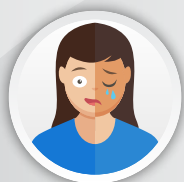
PROBLEMS SLEEPING



PAIN IN YOUR JOINTS



TIREDDNESS



ANXIETY OR MOOD CHANGES



DRY VAGINA



OVERACTIVE BLADDER OR DISCOMFORT

MENOPAUSE AT A GLANCE

The average age of menopause is 51 years but you can enter menopause earlier.

Hormonal changes cause menopausal symptoms.

Most women will have some symptoms.

Most women have symptoms for 5 to 10 years.

Symptoms may vary during the menopause.

WHAT CAN YOU DO ABOUT YOUR SYMPTOMS?

LIFESTYLE CHANGES IMPROVE OVERALL HEALTH AND MAY MAKE SYMPTOMS EASIER TO TOLERATE. SEE AMS FACT SHEET: LIFESTYLE AND BEHAVIOUR CHANGES FOR MENOPAUSAL SYMPTOMS.



IMPROVING DIET



REGULAR EXERCISE



STOP SMOKING



PSYCHOLOGICAL TREATMENTS

(Including cognitive behavioural therapy and mindfulness)



MENOPAUSAL HORMONE THERAPY (MHT)

MHT is the most effective treatment for menopausal symptoms (see AMS fact sheet: What is MHT and is it safe?)



NON-HORMONAL TREATMENT OPTIONS

See AMS fact sheet: Non-hormonal treatment options for menopausal symptoms



COMPLEMENTARY THERAPIES

Some complementary therapies for hot flushes may be helpful. See AMS fact sheet: Complementary medicine options for menopausal symptoms.



FIND AN AMS DOCTOR

If your symptoms are bothering you, your doctor can help.

If you have any concerns or questions about your menopausal symptoms, visit your doctor or go to the Find an AMS Doctor service

www.menopause.org.au/health-info/find-an-ams-doctor on our AMS website.

Australasian Menopause Society: menopause.org.au



**AUSTRALASIAN
MENOPAUSE
SOCIETY**
EMPOWERING MENOPAUSAL WOMEN