



# Everyone experiences perimenopause differently.

Perimenopause usually starts in your 40s but it can be earlier.

Symptoms vary and may include: trouble sleeping, brain fog, hot flashes, low mood, anxiety, fatigue, irregular periods, dry or itchy skin, joint pain, or low libido.



Australian Government

If you're wondering if you could be in perimenopause, there's information and support at [health.gov.au/perimenopause](https://health.gov.au/perimenopause)

