



Managing menopause-related symptoms



During perimenopause and menopause, the levels of oestrogen and progesterone, which are hormones produced by your ovaries, fluctuate (change). This causes menopause-related symptoms.

There are many things you can do to help relieve and manage menopause-related symptoms that are worrying you. What works best for you will depend on your health, lifestyle and personal preferences.

Healthy lifestyle changes

You might choose to try these everyday activities to improve your overall health and help you cope with some symptoms:

- stopping smoking and vaping
- limiting alcohol and caffeine
- improving your diet and maintaining a healthy weight
- being physically active
- putting in place a good sleep routine
- looking after your mental health and wellbeing
- dressing in layers to help with hot flushes
- recording dates and reminders to help you feel on top of things.

Treatment options

There is a range of evidence-based medical treatments for managing menopause-related symptoms. Talk to your doctor about treatments that might be suitable for you.

Hormone treatments

Hormone treatments are prescription medicines in various forms, including tablets, patches, gels and creams, that add back some of the hormones that are declining in your body.

This includes Menopausal Hormone Therapy (MHT), which used to be called Hormone Replacement Therapy (HRT). Current Australian evidence shows that MHT is safe and effective for most healthy people to treat hot flushes, night sweats and vaginal dryness.

Other hormone treatments your doctor may discuss with you include tibolone (a form of MHT), and intrauterine devices (IUDs). A doctor might suggest testosterone for some women to help with low libido but testosterone is not a standard part of MHT.

Non-hormonal treatments

Non-hormonal treatments are prescription medicines that don't contain hormones and may help treat hot flushes, night sweats or mood changes. Your doctor may discuss veozla (fezolinetant), anti-depressants and some blood pressure medications with you.

Psychological therapies

Cognitive Behaviour Therapy (CBT) is a structured talking therapy that helps people develop coping strategies by changing unhelpful thinking patterns. CBT can help reduce the impact of menopause symptoms such as hot flushes, low mood and sleep disturbance.

Clinical hypnosis has been shown to be effective and can help to reduce hot flushes, night sweats, calm the body's stress response and improve sleep quality. This works by using a person's natural ability to focus attention and respond to suggestion.

Non-prescription medicines

There are a number of medicines, such as paracetamol and ibuprofen, that are available without needing a prescription that can assist with the short-term relief of muscle aches and pains. There are also non-prescription medicines available that may assist with the short-term relief of sleep problems.

Complementary therapies and medicines

There is a range of complementary therapies, such as herbal medicines, dietary supplements (vitamins and minerals), mindfulness and yoga, that might support wellbeing, help you relax, and improve quality of life when used together with healthy lifestyle behaviours.

Most complementary therapies and medicines do not have strong evidence to support their use, and the term 'natural' does not mean they are safe. Complementary medicines can interact with prescription medicines and might not be suitable for people with certain health conditions.

You should always tell your doctor about any complementary therapies or medicines you are planning to use. This will help make sure your treatment is safe, appropriate, and part of a well-informed approach to managing your care.

When to see a doctor

Not all health issues and concerns experienced in your midlife are due directly to the menopause transition. Some symptoms can also be due to other health conditions or issues.

If you have menopause-related symptoms that are impacting your life or worrying you, it is important to talk to a doctor to get an accurate diagnosis and appropriate care.

More information and support

Visit health.gov.au/perimenopause for more information on perimenopause and menopause, including real stories, resources, and information in a range of languages.

Information on how to find a health professional is at health.gov.au/perimenopause/find-a-doctor



Everyone experiences
perimenopause and
menopause differently.

For more information, visit
health.gov.au/perimenopause

