



Australian Government

Everyone experiences **perimenopause**  
and **menopause** differently.



# Wondering if you could be in perimenopause or menopause?

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

**Symptoms can include:**

- trouble sleeping / feeling tired
- hot flushes / feeling overheated
- feeling worried, anxious or depressed
- brain fog or forgetting things
- low mood
- dry or itchy skin
- bladder problems
- changes to periods
- joint pain
- putting on weight around your tummy
- less interest in sex.

Talk to your doctor or health worker for  
more information and support, or visit  
[health.gov.au/perimenopause/first-nations](https://health.gov.au/perimenopause/first-nations)



*Artwork titled 'Girinyalanha' by Wiradjuri artist, Karen Lee Mungarrja.*