



Australian Government

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



Wondering if you could be in perimenopause?

**Everyone experiences
perimenopause differently.**

It usually starts in your 40s, but it can be earlier or later. Perimenopause lasts for an average of 4 to 6 years before you reach menopause.

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.

**You don't have to push through
symptoms or manage alone.**

If symptoms are worrying you, there is information, support and treatment options available.

Talk to your doctor or find
information and support at
health.gov.au/perimenopause

