

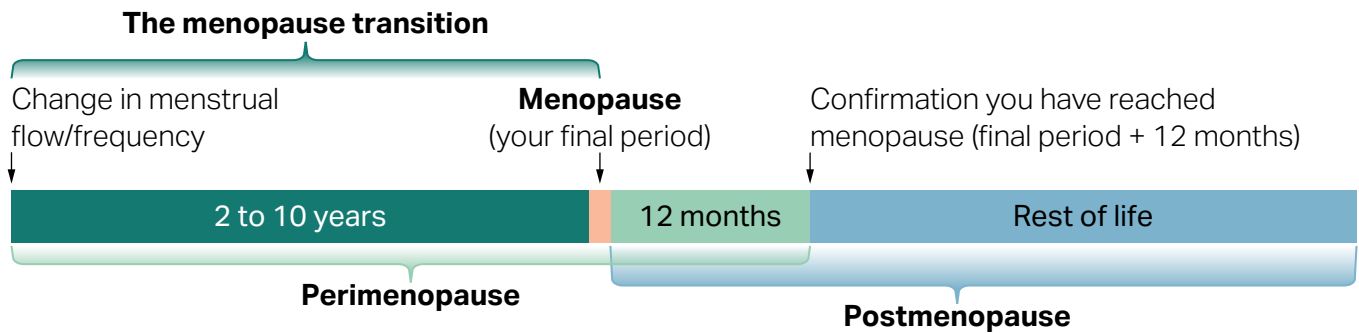


# Perimenopause and menopause: every experience is different

Symptoms are common and support is available.

## What is the menopause transition?

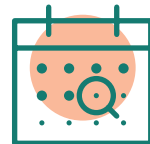
Everyone experiences the menopause transition differently. Some people have no or mild symptoms, while others have symptoms that significantly impact their daily life.



## What is perimenopause and menopause?

**40s**

Perimenopause usually starts in your 40s, but it can start earlier or later.



Perimenopause is the time leading up to your final period (menopause).



Menopause is your final period, which will often happen between the ages of 45 and 55 years.

**12 months**

You know you've reached menopause when you have not had a period for 12 months, with no other medical reason for it.

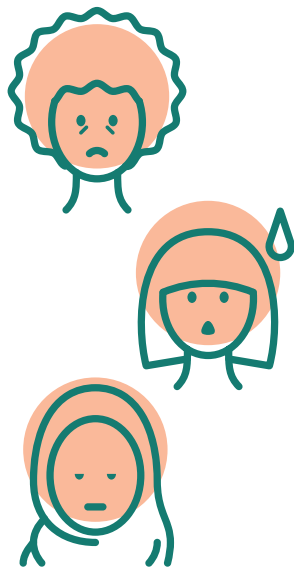


During perimenopause and menopause the levels of hormones produced by your ovaries change. This can cause menopause-related symptoms.

## Common symptoms

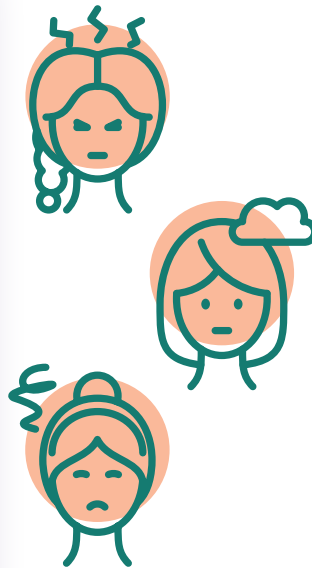
Everyone will have a different experience and different symptoms.

Symptoms can be physical, emotional, cognitive, or a combination of all.



### Physical symptoms might include

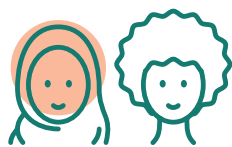
- Hot flushes and night sweats
- Trouble sleeping
- Joint and muscle pain
- Irregular periods
- Dry or itchy skin
- Vaginal dryness
- Urinary/bladder problems
- Weight gain/bloating



### Mental and emotional symptoms might include

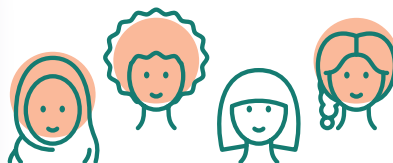
- Low mood
- Mood changes
- Less sexual desire
- Brain fog and forgetfulness
- Anxiety and depression

## Symptoms can be different for everyone



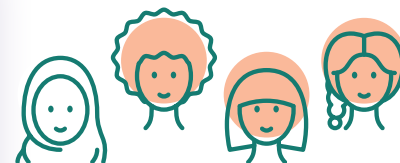
### 1 in 2 women

experience mild to moderate symptoms.



### 1 in 4 women

experience symptoms severe enough to affect their daily activities.



### 1 in 4 women

experience few or no symptoms.

## You don't have to manage alone



### Information

Information, support and treatment options are available.



### Managing symptoms

Lifestyle changes and medical treatments may help.



### Medical

Talk to a doctor if symptoms are worrying you or affecting your daily life.



Learning more can help you feel prepared and in control.

Find information and support at [health.gov.au/perimenopause/translated](https://health.gov.au/perimenopause/translated)