

Arabic Language Guide

Perimenopause and Menopause

Purpose of this guide

This language guide is a tool developed to facilitate sharing of common language and translations about perimenopause and menopause. Its purpose is to help translators, culturally and linguistically diverse (CALD) women, health professionals, and the broader community to better understand and communicate about this topic.

How this guide was developed

Consultations with Arabic-speaking National Accreditation Authority for Translators and Interpreters (NAATI)-certified female translators and community members aged 35–55 years informed the development of this guide.

The consultations identified perimenopause and menopause are sensitive topics and people tend to speak only about menopause symptoms. There is also no clear or well-known difference between 'menopause' and 'perimenopause' in the daily spoken language and there can be slight differences in written and spoken Arabic when talking about menopause.

"Myself, I didn't know about the two stages until I saw the doctor. People in my community don't know the name but they say "my period is about to stop" rather than knowing that there is a perimenopause stage."

(Arabic-speaking community member)

Perimenopause and menopause are topics that are becoming increasingly discussed, along with an increase in availability of information on social media. Women do generally talk comfortably about the symptoms and their experiences among close friends and family members.

These findings have shaped the selection of terms, definitions and translations of the terms to ensure this resource is accessible, and responsive to the diverse ways perimenopause and menopause are understood and discussed in the community.

Community insights should be considered when developing information on menopause and perimenopause for Arabic-speaking women.

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

Find information and support at
health.gov.au/perimenopause/translated



How to use this guide

This guide is designed as a practical, insights-based resource to support understanding and communication about perimenopause and menopause across diverse communities. It provides a glossary of clear, respectful explanations of terms that may not exist, or may be unfamiliar in different languages. The glossary can be used as a reference when reading, writing, translating or discussing information on this topic, supporting accurate and culturally appropriate communication.

The glossary of terms can also be used to check meanings and identify ways to describe symptoms, experiences and stages of perimenopause and menopause.

Below are ways that this guide and glossary of terms can be used in practice:

- **For culturally and linguistically diverse women:** you can use this guide to better understand words and concepts about perimenopause and menopause that may be new to you, unclear or not commonly used in your first language. You can use the translated terms to learn how to describe your symptoms and experiences in ways that feel accurate and respectful, and to prepare for conversations with health professionals, family members, or community supports.
- **For health professionals:** this glossary can support clearer, more culturally appropriate communication with patients from diverse backgrounds. It can be used as a reference when explaining medical concepts in plain language and checking culturally relevant terminology.
- **For media:** this resource can be used to guide accurate and consistent reporting on perimenopause and menopause. It can help writers, editors, and broadcasters select terminology that is both linguistically appropriate and culturally sensitive, particularly when translating or adapting content for different audiences. It also supports the creation of content that raises awareness while reducing stigma.
- **For the broader community:** this guide can be used to build general awareness and understanding of perimenopause and menopause, including how these experiences may be described differently across cultures and languages. It can support informed and respectful conversations with family members, friends, and colleagues, and help normalise discussions about this stage of life.

When using the translated terms in this guide, it is recommended that information be provided in the correct context and with explanation and definitions where appropriate. More information on perimenopause and menopause can be found at health.gov.au/perimenopause including translated information in Arabic.



Glossary

The following glossary includes key words and phrases recommended to use when translating or communicating in-language about perimenopause, menopause and other related topics.

Preferred term English	Definition English	التعريف والكلمات التي يوصى باستخدامها للترجمة Arabic	المصطلح المفضّل Arabic
Menopause	Menopause is a point in time – your final period. You know you've reached menopause when you have not had a period for 12 months, with no other medical reason for it. Menopause affects people who are born with ovaries. This includes many women, some trans men, gender diverse and non-binary people. People with innate variations in sex characteristics (intersex) may or may not experience menopause.	مرحلة انقطاع الحيض (أو الطمث) هي نقطة زمنية، وهي آخر دورة شهرية لك. تعرفين أنك وصلت إلى مرحلة انقطاع الحيض عندما لا تأتيك الدورة الشهرية لمدة 12 شهرًا، دون وجود سبب طبي آخر لذلك. يؤثر انقطاع الحيض على الأشخاص الذين يولدون بمبايض. وهذا يشمل العديد من النساء، وبعض المتحولين جنسيًا من الإناث إلى الذكور، والأشخاص ذوي الهويات الجندرية المتنوعة، والأشخاص غير الثنائيين. وقد يمرّ الأشخاص الذين لديهم اختلافات فطرية في الخصائص الجنسية (ثنائيو الجنس) بمرحلة انقطاع الحيض أو لا يمرّون بها.	انقطاع الحيض
Perimenopause	Perimenopause is the time leading up to your final period (menopause) and ends 12 months after menopause.	مرحلة ما قبل انقطاع الحيض هي الفترة التي تسبق دورتك الشهرية الأخيرة (انقطاع الحيض) وتنتهي بعد 12 شهرًا من انقطاع الحيض.	ما قبل انقطاع الحيض





Preferred term	Definition	التعريف والكلمات التي يوصى باستخدامها للترجمة	المصطلح المفضّل
English	English	Arabic	Arabic
Postmenopause	Postmenopause begins after menopause (your final period) and lasts for the rest of your life.	تبدأ مرحلة ما بعد انقطاع الحيض بعد انقطاع الحيض (آخر دورة شهرية لك) وتستمر مدى الحياة.	ما بعد انقطاع الحيض
The menopause transition	The menopause transition includes perimenopause and menopause.	تشمل المرحلة الانتقالية لانقطاع الحيض مرحلتين: ما قبل انقطاع الحيض وانقطاع الحيض.	المرحلة الانتقالية لانقطاع الحيض
Hormone treatments	Prescription medicines that come in various forms, including tablets, gels and creams, that add back some of the hormones that were produced inside your body before the menopause transition. Hormonal treatments can be an effective treatment for symptoms caused by low hormone levels, including hot flushes, night sweats and vaginal dryness.	هي أدوية موصوفة طبيًا تكون بأشكال مختلفة، بما في ذلك الأقراص والمواد الهلامية والكريمات، تعيد بعض الهرمونات التي كان يتم إنتاجها داخل جسمك قبل المرحلة الانتقالية لانقطاع الحيض. يمكن أن تكون العلاجات الهرمونية علاجًا فعالًا للأعراض الناجمة عن انخفاض مستويات الهرمونات، بما في ذلك الهبات الساخنة والتعرق الليلي وجفاف المهبل.	العلاجات الهرمونية
Non-hormonal treatments	Prescription medicines that do not contain hormones, and that can be effective for some menopause-related symptoms. These include medicines that treat hot flushes, night sweats and mood changes.	هي أدوية موصوفة طبيًا لا تحتوي على هرمونات، ويمكن أن تكون فعالة لبعض الأعراض المرتبطة بانقطاع الحيض. وهي تشمل الأدوية التي تعالج الهبات الساخنة والتعرق الليلي وتغيرات المزاج.	العلاجات غير الهرمونية





Preferred term English	Definition English	التعريف والكلمات التي يوصى باستخدامها للترجمة Arabic	المصطلح المفضل Arabic
Menopausal Hormone Therapy (MHT)	Menopausal Hormone Therapy (MHT) is sometimes called Hormone Replacement Therapy or HRT. It can be an effective treatment for hot flushes, night sweats and vaginal dryness. MHT might also help with sleep problems, mood changes and maintaining bone strength.	يُطلق على العلاج الهرموني لانقطاع الحيض (MHT) أحياناً اسم «المعالجة الهرمونية المعاوضة» أو HRT. وهو يمكن أن يكون علاجاً فعالاً للتهبّات الساخنة والتعرق الليلي وجفاف المهبل. قد يساعد MHT أيضاً في مشاكل النوم وتغيّرات المزاج والحفاظ على قوة العظام.	العلاج الهرموني لانقطاع الحيض (MHT)
Menstruation	Menstruation, also known as a period, is part of your menstrual cycle. It is the shedding (bleeding) of the uterus lining. The menstrual cycle is a natural part of preparing your body for potential pregnancy.	الحيض، المعروف أيضاً باسم الدورة الشهرية، هو جزء من دورتك الشهرية. وهو عبارة عن نزول دم (نزف) من بطانة الرحم. والدورة الشهرية جزء طبيعي من تهيئة الجسم للحمل المحتمل.	الحيض
Lifestyle and behaviour strategies	Things you can do yourself to help manage symptoms, include eating healthy, stopping smoking and vaping, limiting alcohol and caffeine, being active, having a good sleep routine and looking after your mental health.	تشمل الأمور التي يمكنك القيام بها بنفسك للمساعدة في إدارة الأعراض: تناول الطعام الصحي، والتوقف عن التدخين واستخدام السجائر الإلكترونية، والحدّ من شرب الكحول والكافيين، وممارسة النشاط البدني، واتباع روتين نوم جيد، والاهتمام بصحتك النفسية.	استراتيجيات لنمط الحياة والسلوك



Symptoms

The following are terms and phrases related to symptoms of perimenopause and menopause

Preferred term	المصطلح المفضل
English	Arabic
Anxiety	القلق
Dry or itchy skin	جفاف أو حكة في الجلد
Vaginal dryness and irritation	جفاف وتهيج المهبل
Urinary (wee/bladder) problems	مشاكل في التبول (التبول/المثانة)
Loss of interest in sex	فقدان الرغبة الجنسية
Increased belly fat	زيادة دهون البطن

Preferred term	المصطلح المفضل
English	Arabic
Symptoms	الأعراض
Hot flushes	الهبات الساخنة
Night sweats	التعرق الليلي
Brain fog	ضبابية الدماغ
Trouble sleeping	صعوبة النوم
Joint and muscle pain	آلام المفاصل والعضلات
Fatigue	الإرهاق
Irregular periods	عدم انتظام الدورة الشهرية
Low mood and mood changes	تدني الحالة المزاجية وتقلبات المزاج

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



Campaign resources about perimenopause and menopause

The National Menopause and Perimenopause Awareness Campaign includes a range of English and translated resources to improve knowledge amongst CALD women and communities about perimenopause and menopause.

Resources include:

- About perimenopause and menopause – information sheet
معلومات عن مرحلة ما قبل انقطاع الحيض وانقطاع الحيض – نشرة معلومات
- Managing perimenopause and menopause – information sheet
إدارة مرحلة ما قبل انقطاع الحيض وانقطاع الحيض – نشرة معلومات
- Early menopause – information sheet
انقطاع الحيض المبكر – نشرة معلومات
- Perimenopause and menopause symptom checklist
قائمة التحقق لأعراض فترة ما قبل انقطاع الطمث وانقطاع الطمث
- Perimenopause and menopause: every experience is different – infographic.
مرحلة ما قبل انقطاع الحيض وانقطاع الحيض: إن تجربة كل شخص مختلفة – إنفوغرافيك

These resources can be accessed on the campaign website at **health.gov.au/perimenopause/translated**

