

Mandarin / Chinese Simplified 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 Mandarin-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 that perimenopause is a relatively new concept and unfamiliar to most people, and many would not know how it differs from menopause.

For some people, there are quite negative connotations about symptoms, this natural period of ageing and what it signifies. This can lead to a reluctance to talk about the experience of perimenopause and menopause with friends, family and health professionals.

“Sometimes people joke that a woman is “in menopause” to imply she is old, cranky, or unattractive, reinforcing these negative stereotypes.”

(Mandarin-speaking community member)

However, menopause is becoming more openly discussed with younger generations, along with an increase in availability of information on social media and the internet. 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 Mandarin-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 Mandarin and Chinese Simplified.



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	常用标准术语 Mandarin / Chinese Simplified	定义和建议中文翻译 Mandarin / Chinese Simplified
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.	绝经	绝经是指你最后一次来月经（月经永久性停止），发生于过去的一个时间点。在没有医药（生理或病理）原因的情况下，连续12个月没来月经，即表示你已进入绝经期。 任何人，只要出生时有卵巢，都将受绝经带来的影响，包括女性、部分跨性别男性、性别多元者，以及非二元性别者。性特征先天变异者（双性人、间性人）可能经历绝经症状，也可能不会。
Perimenopause	Perimenopause is the time leading up to your final period (menopause) and ends 12 months after menopause.	围绝经期	围绝经期，常被笼统地称为更年期，在你最后一次来月经（绝经）前一段时间即已开始，持续至绝经后12个月结束。



Preferred term English	Definition English	常用标准术语 Mandarin / Chinese Simplified	定义和建议中文翻译 Mandarin / Chinese Simplified
Postmenopause	Postmenopause begins after menopause (your final period) and lasts for the rest of your life.	后绝经期	后绝经期从你绝经(最后一次来月经)开始,持续至生命终结。
The menopause transition	The menopause transition includes perimenopause and menopause.	更年期	更年期包括围绝经期和绝经期。
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.	激素疗法	激素疗法使用的处方药物有多种形式,包括片剂、凝胶和乳膏等,作用均为补充部分更年期开始后分泌减少的激素,可有效治疗因激素水平低下引起的一系列症状,包括潮热、盗汗,以及阴道干涩(干燥)等。
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.	非激素疗法	非激素疗法药物不含激素(荷尔蒙),可有效缓解部分绝经引发的症状,包括潮热、盗汗,以及情绪波动。





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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.	更年期荷尔蒙疗法 (MHT)	更年期荷尔蒙疗法 (MHT), 有时也称荷尔蒙替代疗法 (HRT), 可有效治疗潮热、盗汗, 以及阴道干涩 (干燥), 同时有助改善睡眠、减少情绪波动, 以及维持骨骼强度。
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.	月经来潮	月经来潮, 也称生理期, 是月经周期中的一个阶段, 因子宫内膜脱落而出现流血 (经血)。月经周期是人体准备怀孕的自然过程。
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.	生活方式和行为	你可以采取一些简单易行的措施, 帮助控制症状, 包括保持饮食健康、戒烟和戒用电子烟、减少喝酒和限制咖啡因摄入量、积极运动、养成良好睡眠习惯, 以及妥善照顾自己的心理健康。



Symptoms

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

Preferred term	常用标准术语
English	Mandarin / Chinese Simplified
Symptoms	症状
Hot flushes	潮热
Night sweats	盗汗
Brain fog	思维不清 (常称为脑雾)
Trouble sleeping	睡眠不良
Joint and muscle pain	关节和肌肉疼痛
Fatigue	疲劳
Irregular periods	月经紊乱 (月经失调、月经异常)
Low mood and mood changes	情绪低落和情绪波动

Preferred term	常用标准术语
English	Mandarin / Chinese Simplified
Anxiety	焦虑
Dry or itchy skin	皮肤干燥或瘙痒
Vaginal dryness and irritation	阴道干涩 (干燥) 和不适
Urinary (wee/bladder) problems	泌尿 (小便/膀胱) 问题
Loss of interest in sex	性欲减退
Increased belly fat	腹部脂肪堆积

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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
围绝经期和绝经期 – 信息资料
- Managing perimenopause and menopause – information sheet
控制围绝经期和绝经期症状 – 信息资料
- Early menopause – information sheet
过早绝经 – 信息资料
- Perimenopause and menopause symptom checklist
围绝经期和更年期症状自查清单
- Perimenopause and menopause: every experience is different – infographic
围绝经期和绝经期:每个人的经历各不相同 – 信息图表
- How to stay healthy after menopause – video
更年期后该如何保持健康 – 视频

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

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