

Cantonese / Chinese Traditional 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 Cantonese-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 there is no clear or well-known difference between 'menopause' and 'perimenopause' in the daily spoken language.

"For my generation and Cantonese women, we were not as open as the younger generation who talk about this topic more often or openly, we considered it privacy. This topic is now discussed more among women, especially along with more education."

(Cantonese-speaking community member)

Symptoms and experiences of perimenopause are sometimes discussed more frequently than the topic of menopause or perimenopause itself. Some community members expressed that there are existing negative connotations about symptoms, this natural period of ageing and what it signifies. For example, that it can be a time of bad or unstable moods. This can lead to a reluctance to talk about the experience of perimenopause and menopause with friends, family and health professionals. However, it was suggested that women are becoming more comfortable talking about it now than perhaps they have been previously.

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 Cantonese-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 Cantonese and Chinese Traditional.



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	常用術語 Cantonese / Chinese Traditional	定義及建議翻譯 Cantonese / Chinese Traditional
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.	更年期	更年期是指您最後一次月經來潮的特定時間點。如果您在沒有其他醫療原因的情況下連續 12 個月沒有月經，即表示您已經進入更年期。 更年期會影響所有出生時具有卵巢的人士，包括許多女性、部份跨性別男性、性別多元及非二元性別人士。具有先天性別特徵差異（雙性）的人士可能會經歷更年期，也可能不會。
Perimenopause	Perimenopause is the time leading up to your final period (menopause) and ends 12 months after menopause.	更年期前期	更年期前期是指從最後一次月經（即更年期）之前的一段時間開始，直至更年期之後 12 個月為止。



Preferred term English	Definition English	常用術語 Cantonese / Chinese Traditional	定義及建議翻譯 Cantonese / Chinese Traditional
Postmenopause	Postmenopause begins after menopause (your final period) and lasts for the rest of your life.	更年期後	更年期後是指從更年期(即最後一次月經)之後開始,持續至生命終結。
The menopause transition	The menopause transition includes perimenopause and menopause.	更年期過渡期	更年期過渡期包括更年期前期及更年期。
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.	荷爾蒙治療	荷爾蒙治療使用處方藥物,有多種劑型,包括藥片、凝膠及乳膏,用以補充部份在更年期過渡期之前由身體自行產生的荷爾蒙。荷爾蒙治療可有效紓緩因荷爾蒙水平低下而引起的症狀,包括潮熱、盜汗及陰道乾澀。
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.	非荷爾蒙治療	非荷爾蒙治療使用不含荷爾蒙的處方藥物,可有效治療部份與更年期相關的症狀,包括潮熱、盜汗及情緒變化。



Preferred term English	Definition English	常用術語 Cantonese / Chinese Traditional	定義及建議翻譯 Cantonese / Chinese Traditional
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.	更年期荷爾蒙療法 (MTH)	更年期荷爾蒙療法 (MHT) 有時亦稱為荷爾蒙替代療法 (Hormone Replacement Therapy, HRT)，可有效舒緩潮熱、盜汗及陰道乾澀等症狀。MHT 亦可能有助改善睡眠問題和情緒變化，以及維持骨骼強健。
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.	月經	月經，亦稱「經期」，是月經週期的一個階段，指子宮內膜脫落而引起的出血。月經週期是身體為可能懷孕而作準備的自然生理過程。
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.	生活方式及行為	您可以透過一些生活方式和行為上的調整來幫助控制症狀，包括健康飲食、戒煙及戒用電子煙、限制飲酒及攝取咖啡因、保持活躍、養成良好的睡眠習慣，以及照顧自己的心理健康。



Symptoms

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

Preferred term	常用術語
English	Cantonese / Chinese Traditional
Symptoms	症狀
Hot flushes	潮熱
Night sweats	盜汗
Brain fog	腦霧
Trouble sleeping	難以入睡
Joint and muscle pain	關節及肌肉疼痛
Fatigue	疲倦
Irregular periods	月經失調
Low mood and mood changes	情緒低落及情緒波動

Preferred term	常用術語
English	Cantonese / Chinese Traditional
Anxiety	焦慮
Dry or itchy skin	皮膚乾燥或痕癢
Vaginal dryness and irritation	陰道乾澀及不適
Urinary (wee/bladder) problems	泌尿(小便/膀胱)問題
Loss of interest in sex	對性生活失去興趣
Increased belly fat	腹部脂肪增加

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

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



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
更年期前期和更年期 — 資料單張
- Managing perimenopause and menopause – information sheet
管控更年期前期和更年期 — 資料單張
- Early menopause – information sheet
提早更年期 — 資料單張
- Perimenopause and menopause symptom checklist
更年期前期和更年期症狀檢查清單
- Perimenopause and menopause: every experience is different – infographic.
更年期前期和更年期：每個人的經歷都不盡相同 — 資訊圖表

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

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

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

