

Korean 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 Korean-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 and the impact of symptoms are sensitive topics. 'Perimenopause' is also a relatively new concept in the community and there is no clear or well-known difference between 'menopause' and 'perimenopause' in the daily spoken language.

"I don't think any regular women know the difference between menopause and perimenopause unless they had a chance to meet the doctors regarding some symptoms and heard it from them. Women don't normally use the term 'perimenopause' when they discuss the topic."

(Korean-speaking community member)

For some people, this life stage can be viewed negatively, and is something kept very private among women. This can lead to a reluctance to talk about the experience of perimenopause and menopause with friends, family and health professionals. However, attitudes are gradually shifting. Improvements in health education and the topic of perimenopause and menopause more broadly mean that younger generations view menopause in a more neutral and informed way and 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 Korean-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 Korean.



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	권장 용어 Korean	정의 및 번역 지침 Korean
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.	완경	완경이란 마지막으로 생리를 하는 시점을 말합니다. 다른 의학적 원인없이 12개월 동안 생리가 없으면 완경에 이르렀다고 볼 수 있습니다. 완경은 난소를 가지고 태어난 사람들에게 영향을 미칩니다. 여기에는 많은 여성들, 일부 성전환 남성들, 성별 다양성을 가진 사람들과 논바이너리 성별 정체성을 가진 사람들이 포함됩니다. 선천적인 성 특성 변이를 가진 사람들(인터섹스)은 완경을 경험할 수도 있고 경험하지 않을 수도 있습니다.
Perimenopause	Perimenopause is the time leading up to your final period (menopause) and ends 12 months after menopause.	완경 이행기	완경 이행기란 마지막 생리(완경)로 이어지는 시기로, 완경 후 12개월이 지나면 끝납니다.



Preferred term English	Definition English	권장 용어 Korean	정의 및 번역 지침 Korean
Postmenopause	Postmenopause begins after menopause (your final period) and lasts for the rest of your life.	완경 후기	완경 후기는 완경(마지막 생리) 이후에 시작되어 평생 지속됩니다.
The menopause transition	The menopause transition includes perimenopause and menopause.	완경 전환기	완경 전환기에는 완경 이행기와 완경이 포함됩니다.
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.	호르몬 치료	정제, 젤, 크림 등 다양한 형태로 제공되는 처방약으로, 완경 전환기 이전에 체내에서 생성되던 호르몬의 일부를 보충해 줍니다. 호르몬 치료는 열성홍조, 야간 발한, 질 건조증 등 호르몬 수치 저하로 인한 증상을 효과적으로 완화할 수 있습니다.
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.	비호르몬 치료	호르몬을 함유하지 않은 처방약으로, 일부 완경 관련 증상에 효과적일 수 있습니다. 여기에는 열성홍조, 야간 발한, 기분 변화를 치료하는 약물이 포함됩니다.



Preferred term English	Definition English	권장 용어 Korean	정의 및 번역 지침 Korean
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.	완경기 호르몬 요법 (MHT)	완경기 호르몬 요법(MHT)은 때때로 호르몬 대체 요법(HRT)이라고도 불립니다. 이는 열성홍조와 야간 발한, 질 건조증에 효과적인 치료법이 될 수 있습니다. 또한 MHT는 수면 문제와 기분 변화, 골밀도 유지에도 도움이 될 수 있습니다.
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.	월경	월경은 생리라고도 하며, 생리 주기의 일부입니다. 이는 자궁 내막이 탈락(출혈)되는 현상입니다. 생리 주기는 잠재적인 임신에 대비하여 신체가 준비하는 자연스러운 과정입니다.
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.	생활 습관 및 행동 관리 전략	증상을 관리하기 위해 스스로 실천할 수 있는 방법으로는 건강한 식습관 유지, 금연 및 전자담배 사용 중단, 알코올과 카페인 섭취 제한, 규칙적인 운동, 건강한 수면 습관 유지, 정신 건강 관리 등이 있습니다.



Symptoms

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

Preferred term English	권장 용어 Korean
Symptoms	증상
Hot flushes	열성홍조
Night sweats	야간 발한
Brain fog	머리가 멍해지는 느낌
Trouble sleeping	수면 장애
Joint and muscle pain	관절 및 근육통
Fatigue	피로
Irregular periods	생리불순
Low mood and mood changes	우울감 및 기분 변화

Preferred term English	권장 용어 Korean
Anxiety	불안
Dry or itchy skin	피부 건조 또는 가려움
Vaginal dryness and irritation	질 건조 및 자극
Urinary (wee/bladder) problems	배뇨(소변/방광) 문제
Loss of interest in sex	성욕 감퇴
Increased belly fat	복부 지방 증가





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
완경이행기와 완경 – 정보지
- Managing perimenopause and menopause – information sheet
완경이행기 및 완경 관리 – 정보지
- Early menopause – information sheet
조기 완경 – 정보지
- Perimenopause and menopause: every experience is different – infographic.
완경이행기와 완경: 각자의 경험이 다릅니다 – 인포그래픽

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

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