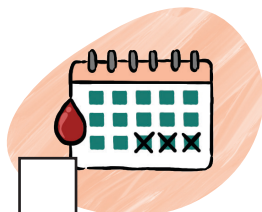


Got any symptoms?

You might be going through the change of life (menopause)



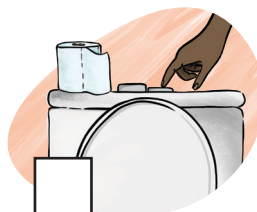
Are you going through any of these things? Put a ☒ next to any symptom you are having.



Period changes —
lighter, heavier,
less or more often



Night sweats —
sweating while
you sleep



Weeing more
often or urgently



Dry or itchy skin



Weight gain (mostly
around your belly)



Trouble
remembering things



Sore joints and
muscle pain



Hot flushes —
feeling hot in your
face and body



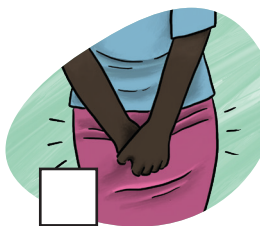
Feeling worried,
low or unhappy



Feeling grumpy
or angry



Less interest in sex



Dry or sore
private parts



Feeling tired /
Trouble sleeping

If you have any of these symptoms and they are worrying you, there is help.

Take this checklist along to your local clinic and yarn with your doctor or health worker.



Find out more about menopause and perimenopause at health.gov.au/perimenopause/first-nations



Australian Government