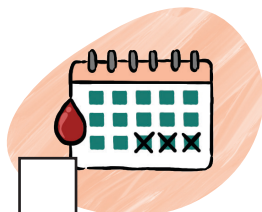


Got any symptoms?

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



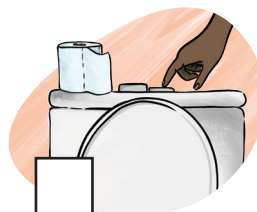
Are you going through any of these things? Put a ☒ next to any symptom you are having.



☐ 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



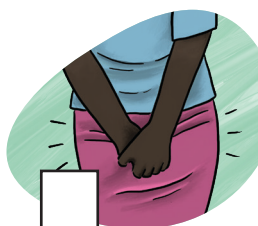
☐ Feeling worried, low or unhappy



☐ 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