

Got any symptoms?

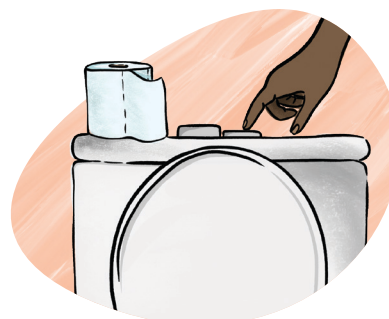
Maybe you're going through the change of life (menopause).



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



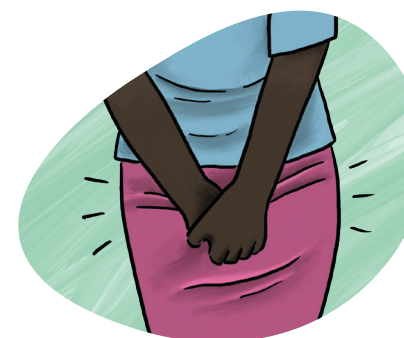
Feeling worried, low or unhappy



Feeling grumpy or angry



Not wanting to be close to your partner



Dry or sore private parts



Feeling tired / Trouble sleeping



If you have any of these symptoms and they are worrying you, there is help.
Talk to your doctor or health worker today.



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



Australian Government