



Why am I so hot all the time?

Your body and how you feel change during the change of life (menopause). Things like:

- Hot flushes and night sweats
- Periods change
- Feeling grumpy or angry
- Trouble remembering things
- Not wanting to be close to your partner

**There is help. Talk to your
doctor or health worker.**



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



Australian Government