Australian Government

Everyone experiences perimenopause and menopause differently.

Women's Business



Wondering if you could be in perimenopause or menopause?

Perimenopause usually starts in your 40s but it can be earlier.

Symptoms can include:

- trouble sleeping / feeling tired
- hot flushes / feeling overheated
- feeling worried, anxious or depressed
- brain fog or forgetting things
- low mood
- dry or itchy skin
- bladder problems
- changes to periods
- joint pain
- putting on weight around your belly
- less interest in sex.

Talk to your doctor or health worker for more information and support, or visit **health.gov.au/perimenopause/first-nations**

Featured artworks are 'Girinyalanha' by Wiradjuri artist, Karen Lee Mungarrja and 'Yoepakaziw Muyngu Koewsa' by Torres Strait Islander artist, Sharon Phineasa.