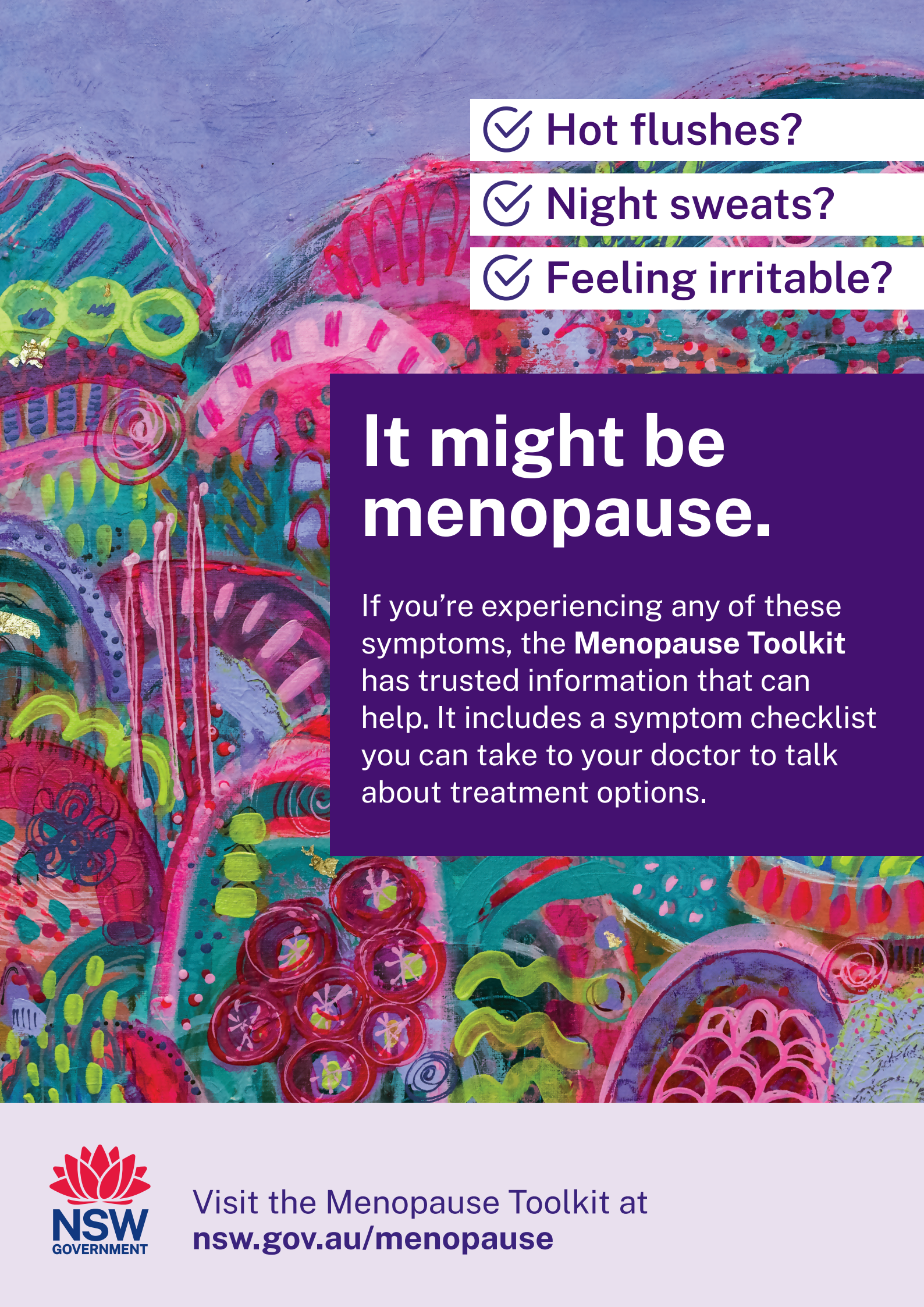




✓ Hot flushes?

✓ Night sweats?

✓ Feeling irritable?

It might be menopause.

If you're experiencing any of these symptoms, the **Menopause Toolkit** has trusted information that can help. It includes a symptom checklist you can take to your doctor to talk about treatment options.



Visit the Menopause Toolkit at
nsw.gov.au/menopause



✓ Hot flushes?

✓ Night sweats?

✓ Feeling irritable?

It might be menopause.

If you're experiencing any of these symptoms, the **Menopause Toolkit** has trusted information that can help. It includes a symptom checklist you can take to your doctor to talk about treatment options.

Visit the
Menopause Toolkit at
nsw.gov.au/menopause