



Menopause information sheet



Easy Read

Menopause information sheet



This is an information sheet about **Menopause**.

Menopause is a change that happens to womens bodies when they get older.



For most women menopause begins when they are around 45.



For most women menopause stops by the time they are 55.



Menopause changes the way your body feels.



It also changes the things that your body can do.

What makes menopause start

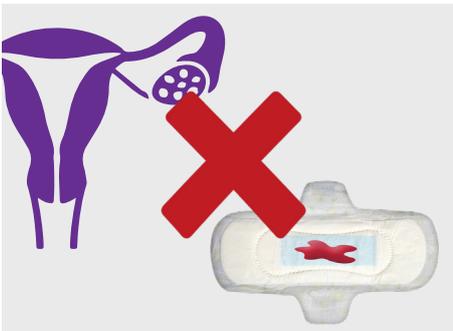


Menopause starts because you are getting older.

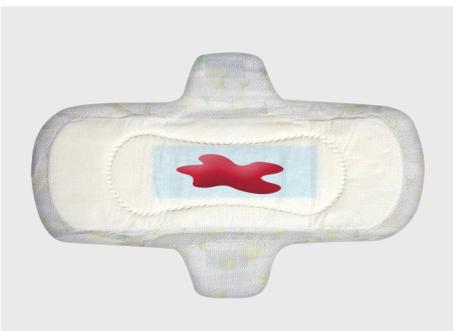


It happens when there are no more eggs in your ovaries.

Eggs are what women need to make a baby.



When you have no more **eggs** left you stop having your period.



Your **period** is when you bleed from your vagina every month if you are not having a baby.



During menopause your **hormones** change a lot.



Hormones are things your body makes that help

- Your body to work well
- You to feel good.



The changes in your body in menopause can make you have **symptoms**.

Symptoms are things that you feel in your body.

Things you might feel

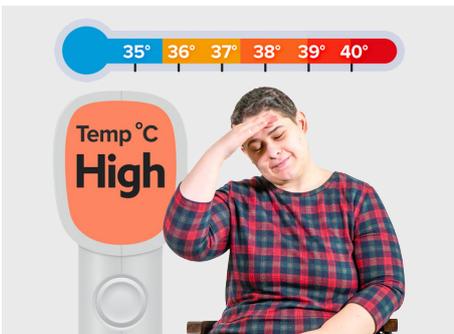


These are some of the symptoms that you might feel when you are going through menopause.



You might get hot flushes.

This means that you could feel hot very quickly.



Sometimes you feel hot for a short time or a long time.



You might get very sweaty at night.



You might have a bad sleep.



Your **emotions** might change a lot.

Emotions are when you feel things like being

- Happy
- Sad.



You might feel pain in your body.



Your vagina might feel dry.



You might not feel like having sex or doing sexy things.

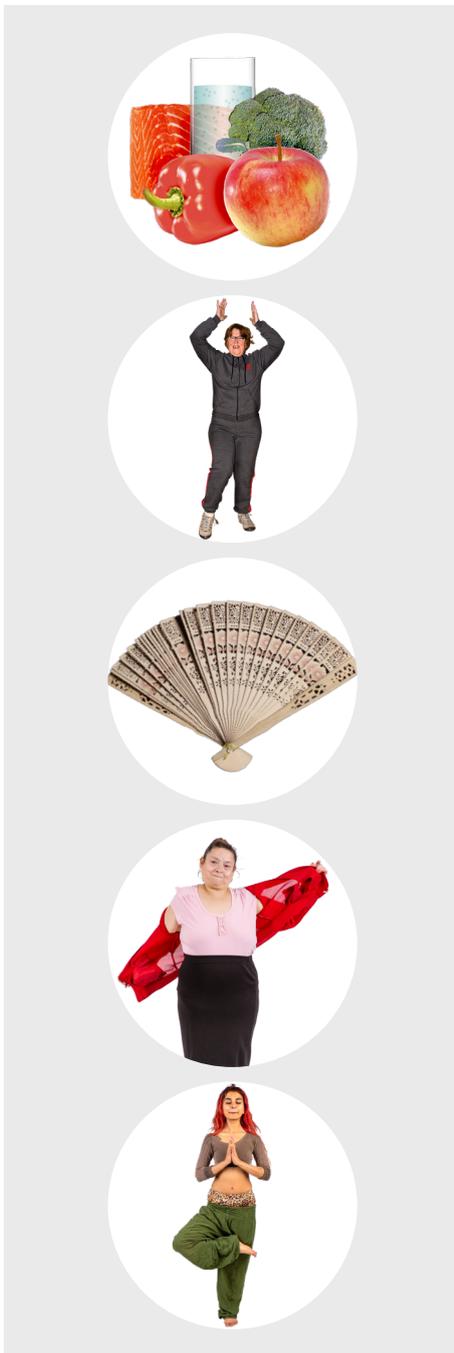


You might put on a lot of weight.

Things that can help



There are some things that you can do to help you when you go through menopause.



You can

- Eat healthy food and drink lots of water
- Exercise
- Use a hand fan or water spray when you feel hot
- Wear clothes you can take off if you get hot
- Go to a class like yoga to relax.

Therapies



There are some **therapies** that can help.



Therapies are things we do that might make us feel better.



You could have **Cognitive Behaviour Therapy**.

CBT for short.



CBT is when you talk to someone about your thoughts and feelings.

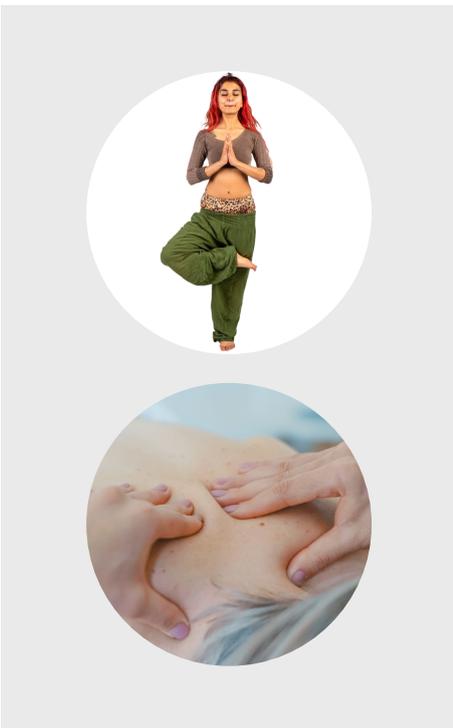


CBT can help make the symptoms better.



You can do **natural therapies** to help make the symptoms feel better.

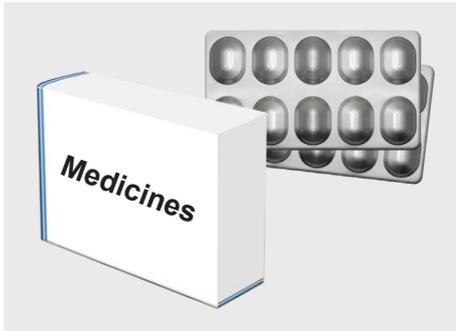
Natural therapies are things you do that are gentle on your body.



This could be things like

- Yoga
- Massages.

Medicines



There are some medicines that might help.



You could get Menopause Hormone Therapy.

It is a set of medicines that can make some of your symptoms better.



You can take medicines like **antidepressants**.

Antidepressants are medicines that can help to make feeling hot and sweaty less.



You could take natural medicines.

These could be things like

- Herbal medicine
- Chinese medicine.

Ask your doctor for help

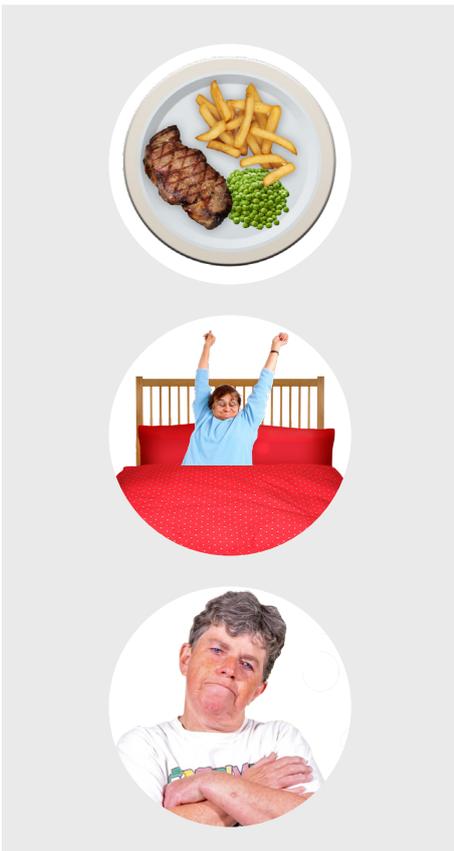


You can talk to your doctor about what can help with menopause.



You should go to your doctor if

- You are worried about your periods
- The changes stop you doing things you usually do.



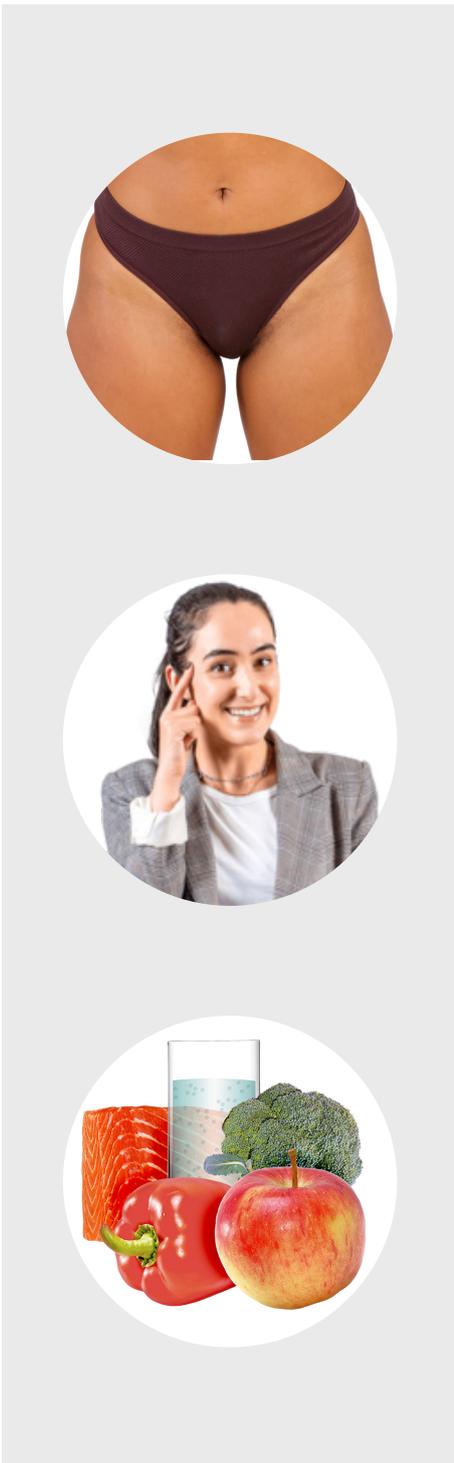
You should go to your doctor if your symptoms change the way you

- Eat
- Sleep
- Enjoy things.



Your doctor might tell you to go and see a **specialist**.

A **specialist** is someone who knows a lot about one type of health problem.



It could be a specialist like a

- Gynaecologist

A **Gynaecologist** works with womens health issues.

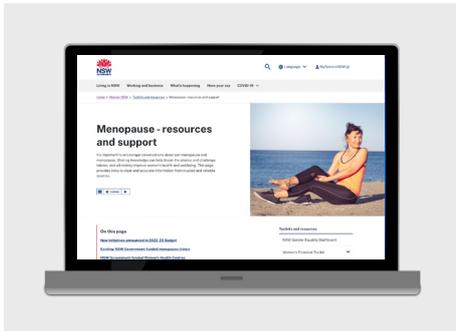
- Psychologist

A **Psychologist** works with the way we think and feel.

- Dietitian.

A **Dietician** looks at the food we eat.

Contact information



For more information go to

www.nsw.gov.au/women-nsw/toolkits-and-resources/menopause-resources-support



See your doctor if you have concerns or questions.

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