

# MENOPAUSE



Your body changes as you get older.

Your periods change. They may get heavier or lighter or not come every month. One day they will stop. For most women they stop around 50 years old. For some women it may be earlier. When they stop it is called menopause.

Menopause is normal and does not mean you are sick. You do not need to think about managing your periods any more.

When your periods stop you cannot have a baby.

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## **Changes in women's bodies when they get older might be:**

- They might feel hot and sweaty. This is sometimes called having a 'hot flush'.
- Their moods and feelings might change. They might cry a lot or feel cranky.
- They might get confused and find it hard to think straight.
- Their skin and hair might become drier.
- They might get extra hair on their body or face.
- Their vagina might become drier. This might make having sex uncomfortable but there are some special creams that can help.
- Their breasts might get sore.

Not every woman has these changes.

The changes will stop. It may take a few months or a few years.

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## What you can do to feel better:

You may feel better if you stay active and exercise, get lots of sleep at night and eat healthy foods.



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It may help to talk to other women about how they felt when they went through menopause.



Talk to your doctor if you need help with the changes in your body and your feelings.



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## Where can you find out more

### Family Planning NSW Healthline

You can speak to a nurse about menopause.

There are fact sheets available on the website.

There is a library where you can borrow books. They will post them to you.



1300 658 886



[www.fpnsw.org.au](http://www.fpnsw.org.au)



(02) 8752 4386

**Other fact sheets in this series you may want to read**

**ASKING QUESTIONS ABOUT YOU**

**GETTING OLDER**

**BEING HEALTHY AND HAPPY**

**FEELING SAD AND FEELING HAPPY**