

What is menopause



Menopause is the changes that happen just before and after your periods stop.



Menopause usually starts when a woman is between 40 and 50 years old.

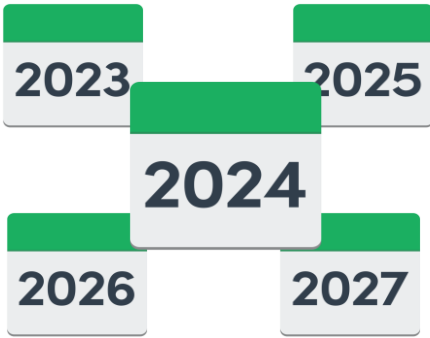


There are lots of **symptoms** of menopause.

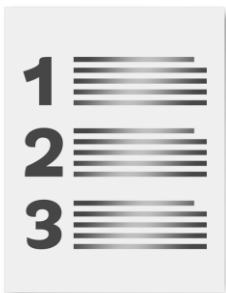
Symptoms are things that happen or things you feel when something is wrong.



When you have symptoms but you still have your periods it is called **perimenopause**.



Perimenopause can last for several years and you can still get pregnant.



Here are some menopause symptoms:



You might need to wee more.



You might have hot flushes.



You might sweat at night.



You might be more tired.

You might not be able to sleep well.



You might forget things.



You might have **mood swings**.

Mood swings means you change from being happy to angry to sad or worried a lot.

If you have these symptoms, talk to your doctor.

Your doctor can explain how

- what you eat
- what you drink
- exercise
- medication

might help you feel better.





One day your periods will stop.

When you don't have a period for more than one year it is called **menopause**.



If you bleed like a period after one year you must tell your doctor even if it is a little bit.



You might still have some symptoms after your periods stop.