

What is the menopause?

What happens when you get the menopause and perimenopause.



Easy read fact sheet



The menopause is something that happens to all women.



It is when your periods stop.



It usually happens when you are between the ages of 40 and 60.

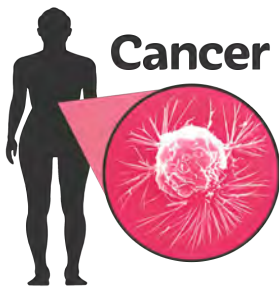


Your menopause can sometimes happen for other reasons.



Like if you have had surgery on your ovaries.

Ovaries are body parts low in your tummy.



Or if you have had cancer treatment.



You cannot get pregnant after you have had your menopause.



There is also something called the perimenopause.



You get the perimenopause about a year before your menopause.



You might feel different during the perimenopause but still have your period.

What happens when you get the menopause?



The menopause can mean big changes.



You may feel differently in your mind and body.



You will have periods less often and then they will stop completely.



You may feel sad or angry.



You might find it hard to remember things.



You might suddenly feel really hot or cold.



These are called hot flushes.



You might get headaches or migraines.



You might put on some weight.



You might not want to have sex.



Your vagina might be sore or red.



You might get a urinary tract infection (UTI) which makes it hurt when you pee.



You might find it hard to sleep.



Your body could feel sore and achy.



These are all called symptoms.



Not everyone feels the same when they have their menopause.



You might only have some of these symptoms.



You might have different symptoms.



The symptoms could last for months or years.

What can make you feel better?



These symptoms might sound scary.



But there are things you can do to help.



Get lots of rest.



Eat a healthy diet.



Milk, yogurt and kale are good to eat.



Do lots of exercise.



Talk to your friends or family.



Lots of other women will be having their menopause too.



Talking to people can make you feel better.



There is a treatment called hormone replacement therapy (HRT).



Lots of people use this to help with menopause symptoms.



If you think you have menopause symptoms you should see your General Practitioner (GP).



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