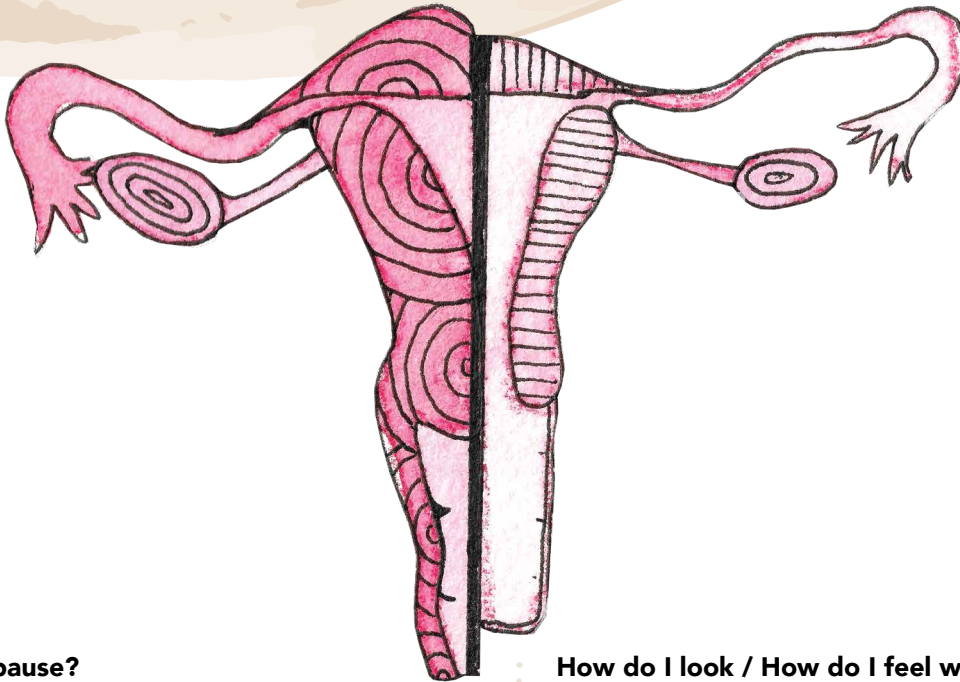


Menopause



What is Menopause?

Menopause is when a woman hasn't had her period for 12 months. It's a natural stage of life that all women go through, usually between the ages of 45 and 55.

What causes Menopause?

Before menopause, a woman's body makes hormones that control periods and prepare for having babies.

These hormones come from the ovaries, which release eggs every month. As women get older, the ovaries slowly stop working and stop releasing eggs. This causes hormone levels to change.

At first, hormone levels can go up and down, causing periods to become irregular. You might miss a period, then get one again later. This stage is called the menopausal transition, and it can last 4–5 years. Eventually, the ovaries stop working completely, no more eggs are released, and periods stop altogether.

This is a natural process, but every woman's experience is different.

How do I look / How do I feel with Menopause?

Some women don't feel any different, but others may notice symptoms as their hormones change. These can include:

- Feeling hot suddenly (hot flashes).
- Feeling dizzy or light-headed.
- Headaches.
- Changes in mood, like feeling sad, worried, or angry.
- Trouble sleeping or feeling very tired.
- Dry skin or a dry vagina, which can make sex uncomfortable.

These changes happen because the hormones your body was used to are no longer being made.

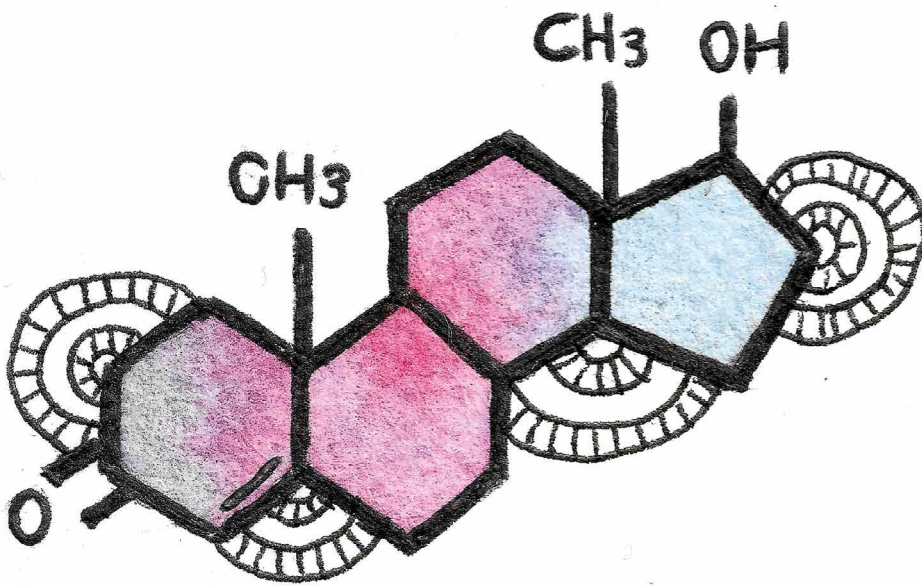
Every woman's journey is unique. Some women feel fine, while others may have symptoms that affect their daily lives.

How can the doctor help?

If you notice changes in your periods or start to feel some of these symptoms, it's a good idea to yarn with your doctor or healthcare worker.

You can also ask to see a female doctor if that makes you more comfortable.

This is a natural process, but every woman's experience is different.



Your doctor can:

- Have a yarn with you about how you're feeling and the changes in your body.
- Talk about ways to manage any symptoms, like hot flashes or mood changes.
- Check on your general health, including your heart and bones.
- Help with preventing or managing conditions like osteoporosis (weaker bones) that can happen after menopause.

Can Menopause be treated?

Menopause is a natural part of life; it's not something that needs to be fixed. But if your symptoms are making life hard, there are treatments that can help.

These might include:

- Medicines: To ease hot flashes or mood swings.
- Lifestyle changes: Eating healthy, staying active, and getting enough rest can make a big difference.
- Support: Talking to a counsellor, Elder, or trusted person can help with the emotional side of menopause. Having experienced trauma in your life can make the symptoms stronger.

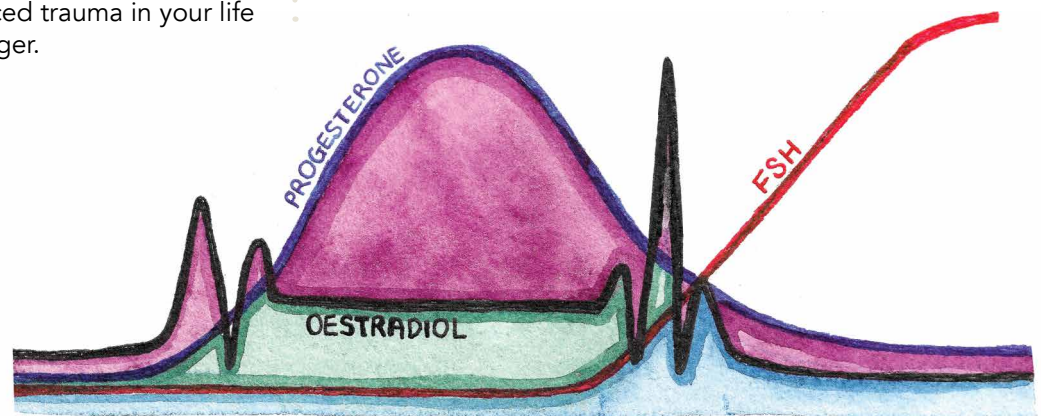
Why is it important to look after yourself during Menopause?

Menopause is a time of change, and it's important to take care of yourself - physically, emotionally, and spiritually. Yarning with family, friends, or your community can help you feel supported during this stage of life.

If you're worried or need extra help, don't be afraid to ask. Your healthcare worker, GP, or local Aboriginal Health Service is there for you.

Some extra tips for feeling good during Menopause

- Stay connected to your community, it's a powerful way to feel supported.
- Stay active with gentle exercise like walking or strength training to keep your bones and heart strong.
- Eat healthy foods like fruits and veggies to support your body during this time.
- Make time for things you enjoy, like spending time on Country, yarning with loved ones, or relaxing activities.



Menopause