

## What is peri-menopause?

Peri-menopause is the time leading up to menopause when hormone levels (oestrogen) start to decline. Periods become lighter, heavier, or irregular. Symptoms like hot flushes, mood changes, and sleep problems often begin here. It can be several years before periods stop completely

## What is menopause?

Menopause is a natural stage in life when periods stop for 12 months in a row and pregnancy is no longer possible. It usually happens between ages 45 and 55 but for some people menopause can begin much sooner or later in life.

## What is post-menopause?

Post-menopause is the day after your period has stopped for 12 consecutive months and marks the end of natural ovulation and reproductive capability.

## When to see your GP?

You should see a GP whenever your menopausal or perimenopausal symptoms start to bother you or disrupt your daily life. You do not need to wait until your periods change or stop.

# Menopause is not the end.

# It's a new beginning.



## Are there treatments for menopause symptoms?

Treatments include hormone replacement therapy (HRT), non-hormonal medicines and lifestyle changes.

Complementary therapies such as hypnotherapy, reflexology and yoga may also support relaxation, reduce stress and help you manage some symptoms. Your GP can help you explore the options that may suit you best.

## Can menopause affect bone health?

Weight-bearing exercise, calcium and vitamin D can support bone health. Speak to your GP if you're concerned.

## How does menopause affect heart health?

Falling oestrogen can affect cholesterol and blood pressure, increasing the risk of heart disease. Regular movement, balanced nutrition and routine health checks can help protect your heart.