

# PERIMENOPAUSE & MENOPAUSE

## WHAT IS PERIMENOPAUSE OR MENOPAUSE?

The menopause occurs because your ovaries stop producing eggs and, as a result, levels of the hormones they produce (oestrogen, progesterone and testosterone) fall.

Your ovaries gradually slow down over a period of time before the menopause occurs. This is known as the perimenopause and can last for a few months or several years.

## HOW WILL I KNOW IF I AM PERIMENOPAUSAL?

Fluctuating hormones could make your periods lighter, heavier or irregular. There is no reliable blood test for the perimenopause or menopause.

## SYMPTOMS

You are likely to experience physical symptoms like hot flushes, aches and pains, headaches, and bladder or urinary problems, or psychological problems, such as mood swings, anxiety, low mood, memory problems and brain fog. Many women suffer from a combination of these.

These symptoms may occur every day or may come and go so some days are worse than others.

## HOW IS THE MENOPAUSE TREATED?

Fortunately, there are lots of treatments and lifestyle adjustments that can help you have a more positive experience of perimenopause and menopause.

The most effective treatment is hormone replacement therapy (HRT), which works by replacing the hormones a woman's body >>

has stopped making during the menopause. There are different types and doses of HRT so it is important you receive the right type for you.

You could also try CBT, a talking therapy that can improve some of the psychological symptoms by changing the way you think and behave.

Mindfulness may also be beneficial.

There can be increased risk of some health conditions postmenopause, women who take HRT have a lower risk of heart disease, osteoporosis, diabetes, clinical depression and dementia.

Nobody should wait until symptoms are unbearable before they seek help. Use the symptom checker to track your symptoms and take it with you to your healthcare appointment.

More fact-based information can be found at:  
[themenopausecharity.org/menopause](https://themenopausecharity.org/menopause)



The Menopause Charity provides evidence-based information and support so that no one needs to suffer from the symptoms of perimenopause and menopause.

The charity receives no government funding and relies on voluntary donations.

For more information on how to support The Menopause Charity, please visit:  
[themenopausecharity.org/donate](https://themenopausecharity.org/donate) or contact us via:  
[info@themenopausecharity.org](mailto:info@themenopausecharity.org)

The Menopause Charity is registered in England and Wales (charity registration number 1191332)  
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