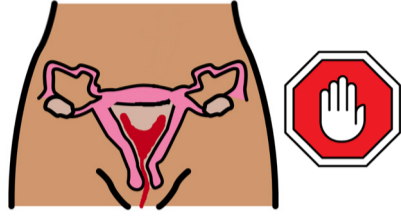


Menopausal symptoms



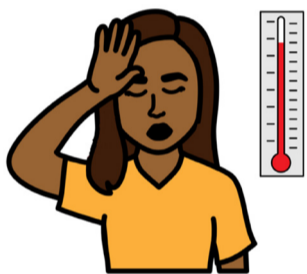
Menopause is when your periods stop.
It usually happens at about the age of 50.



Symptoms are things you notice when you have a health problem.

You might have menopausal symptoms.

For example



- if you get hot all of a sudden



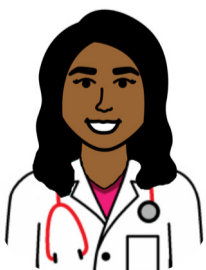
- if you have trouble sleeping



- if you have new aches and pains



- if you feel sad or upset.



See your doctor to learn more about
menopause and what you can do.