**What is the menopause**

**Speaker:** All women will go through menopause. It's when periods stop, and it usually happens between the ages of 45 to 55 years.

Although about one in 10 women can go through menopause at younger ages, many women notice changes in the pattern of their periods for a year or two before they completely stop.

Women may notice changes in their bodies around the time of menopause, and each woman's experience will be different due to traditions, culture, health, and the passage of time.

Some body changes include muscle and joint pains, suddenly feeling hot and sweating, dryness in the vagina, which can cause sex to be painful, trouble going to sleep, or staying asleep and changes in mood. These are usually temporary symptoms and many women can manage these without treatment.

Not everything about menopause is bad. A good thing is not having periods anymore or worrying about getting pregnant unintentionally. Some women as they get older, become more self-confident and find they have more time for themselves.

There are things you can do to feel better during menopause. You can eat healthy food, get more exercise, learn relaxation practises. Join a community group or visit friends, take classes, get a job, or enjoy time at work.

Many women don't need medical help to manage menopause, but if you are bothered by symptoms or body changes or worried about your health, talk to your doctor.

To find out more about menopause or women's health in general, visit jeanhales.org.au.

**End of transcript**

**Information about Jean Hailes for Women’s Health**

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the health of all women, girls and gender-diverse people. For free, evidence-based and easy-to-understand health information, visit [www.jeanhailes.org.au](http://www.jeanhailes.org.au).

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