

# COULD THIS BE MENOPAUSE OR PERI-MENOPAUSE?

Are you experiencing any of the following...?<sup>1</sup>

Talk to your doctor if this is impacting your life.



CHANGE IN  
MENSTRUAL CYCLE



HOT FLUSHES  
NIGHT/DAY



DEPRESSION AND/OR  
ANXIETY



WEIGHT GAIN



POOR SLEEP



MOOD SWINGS



LOW LIBIDO



VAGINAL DRYNESS



In Australia the average age of menopause is 51 years but can happen anywhere between 45 - 55 years<sup>2</sup>. The majority of women will experience symptoms of menopause and peri-menopause.

## DEFINITIONS:

Menopause is no menstrual periods for one year. Peri-menopause is the onset of a change in menstrual cycle and/or menopausal symptoms and can start many years before menopause.<sup>2</sup>

## REFERENCES:

1. Menopause: The Journal of The North American Menopause Society; Vol. 27, No. 9, pp. 976-992; DOI: 10.1097/GME.0000000000001609. Copyright 2020 by The North American Menopause Society
2. Australasian Menopause Society, Glossary of Terms for Health Professionals. [https://www.menopause.org.au/index.php?option=com\\_content&view=article&id=381:glossary-of-terms&catid=63&Itemid=198](https://www.menopause.org.au/index.php?option=com_content&view=article&id=381:glossary-of-terms&catid=63&Itemid=198)



AMS Educational resources  
on midlife &  
the menopause

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