

What is the Menopause ?



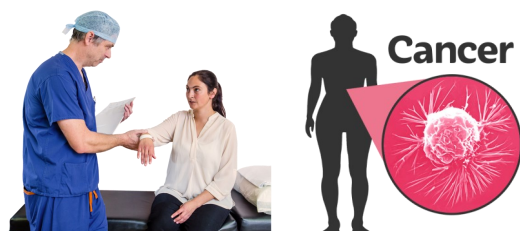
Menopause is when a woman stops having periods.



Menopause usually happens between 45 and 55 years of age



It can start around the same age as when your mum or sisters started their menopause.



The Menopause can happen when you are younger if:

- you have had surgery
- you have had cancer treatments



Symptoms can start before your period stops.

This is called Perimenopause.

Menopause Symptoms

'Symptom' is the word we use to describe how people feel



Feeling depressed and mood swings



Hot Flushes



Aches and pains



Putting weight on



Food Cravings



Tiredness and finding it hard to sleep

More Menopause Symptoms...



Derbyshire Healthcare
NHS Foundation Trust



Changes in skin and hair condition



Having a wee more often



Weak Bones

'Osteopetrosis'



Change in your Periods

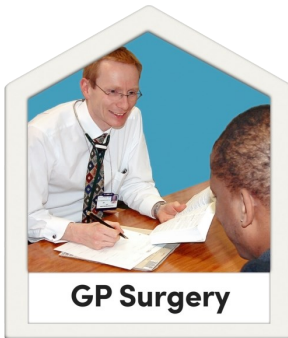


Periods Stop

Who can help ?



Derbyshire Healthcare
NHS Foundation Trust



Your GP or Nurse

You can ask for a
Female GP or Nurse



You can talk about it
at your
Annual Health Check



Learning Disability
Community Support
Team

Reviewed by MacIntyre i4t and DCC Learning Disability Partnership Board Reps

 DHCFT  @derbyshcft
www.derbyshirehealthcareft.nhs.uk

