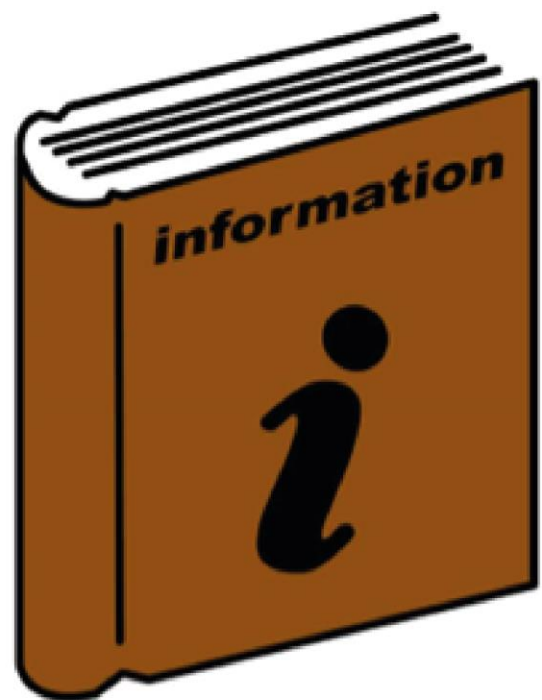
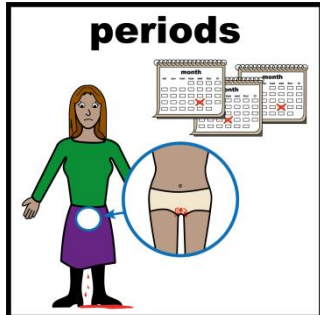


# Menopause

## Easy Read information

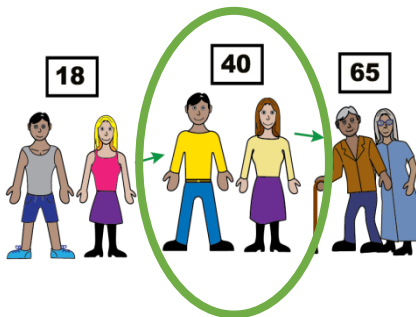


# What is menopause?

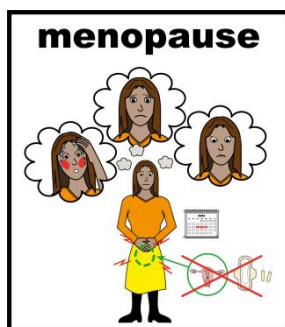


The menopause is when you stop having periods.

You will not be able to get pregnant **after** you have been through the menopause.



It happens when you are are in your 40's or 50's.



The menopause is a natural part of getting older.

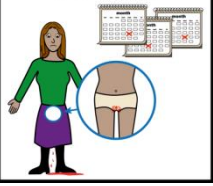
It might be brought on by other things such as having treatment for cancer.



Men do not go through the menopause.

## What will happen to me?

### periods



You will have less and less periods and then they will stop completely.

### hot



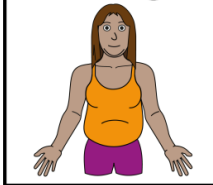
You might feel very hot and sweaty. This can happen suddenly and it might be worse at night. This is called a 'hot flush'.

### sad



You might feel sad or angry more often.

### overweight



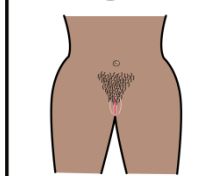
You might put on weight.

### can't sleep



You might have trouble sleeping.

### vagina



You might feel dry or sore down below. This can make sex painful.

### forget

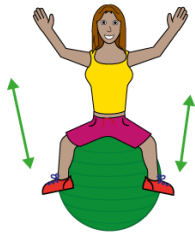


You might forget things or not be able to concentrate as well as you could.

## What might help?



Eat healthy foods.



Exercise.



If you feel hot, take your jumper off.  
Have a cold drink.  
Open the window.  
Have a cold shower.  
Sit down.



Stop smoking.



Drink less alcohol.



Drink less tea and coffee.

**talk to**



If this doesn't help make you feel better, speak to your GP.

They will be able to help you.

**medicine**



Your doctor might give you some medicine called HRT.

This might be a tablet or an arm patch or an injection.

**better**



Lots of women say that HRT has helped make them feel better.

**risk**



HRT has a low risk.

Speak to your doctor.

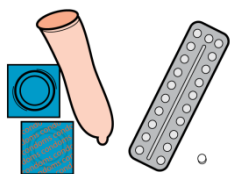
## Important things to remember

**pregnant**



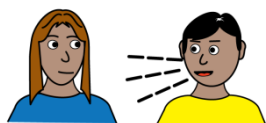
You can still get pregnant if you have sex **during** the menopause.

**contraception**



You still need to use contraception when you have sex.

**tell someone**



There are lots of ways to make you feel better.

Talk to someone if you need help.



## Further information is available from:



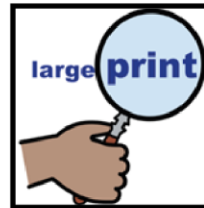
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