



Perimenopause and Menopause



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What is Perimenopause?

- Changes and feelings before periods stop.



What is Menopause?

- Menopause is when a woman's periods stop.
- It means she can no longer have babies.
- It usually happens from 40 years old or later.

How does it change people's lives?

- Hormones in the body change.
- Some people feel different in their body or mood.

Why is it important?

- Knowing about menopause helps you understand changes and get support.

What are the signs and what should I look for?

- My periods change and become irregular or stop.
- I may feel hot or sweaty (hot flushes) or have night sweats.
- I may have trouble sleeping.
- I may have mood changes like being sad worried angry or teary.
- My feelings change a lot and fast.
- I may gain weight or crave certain foods.
- I may feel very tired and forget things.

How might I show these signs?

- I may act differently, such as being more tired or upset.
- I may find it hard to say how I feel.

Are signs the same or different for everyone?

- Signs can be different for each person.

How does it feel?



What might I feel in my body or mind?

- My periods may become irregular or stop.
- I may feel hot, sweaty or tired.
- I may feel sad, angry, or worried.

How can my family and support people understand my feelings?

They may:

- Notice changes in my mood or behaviour.
- Talk kindly to me and ask how I feel.
- Help me to keep a record of my periods.

What helps?



What can I do to feel better?

- I need to eat healthy food and drink water.
- I need to get enough rest and exercise like walking, weight bearing exercises or do yoga and meditation.
- I need to eat calcium rich foods and walk in the sunshine for Vitamin D.

What can my family and support people do to give me support?

- Listen to me and offer comfort.
- Help me with daily routines.

What can health professionals do to help?

- Give me advice and treatment if needed.
- Check my hormone levels and overall health.

What might happen before the problem gets worse?

- I may have strong mood swings, tiredness, or pain.
- I may have trouble sleeping for a long time.

Who should I talk to?

- I can talk to my family, a doctor, nurse, counsellor, or support worker I trust.

What to do in an emergency?

- If I feel very unwell or unsafe, call 000 or go to hospital.



Everyday care

What small steps can help me each day?

- I need to eat fruits, vegetables, and drink plenty of water.
- I need to keep active with walks or gentle exercise.
- I need to get enough sleep.



Are there things that might make the problem worse?

- If I get too stressed.
- If I eat a lot of unhealthy foods or sugary drinks.
- If I feel lonely or not supported.

What helps people stay well?

- I need to talk about my feelings or use a feelings visual chart.
- I need to spend time with family and friends.

More information

Where can I go for help?

- Doctor or local health centre.
- Healthdirect:

 **1800 022 222 – free health advice**

- Down Syndrome Australia:

 **www.downsyndrome.org.au**

- My local state or territory Down syndrome association.
- Adult Down Syndrome Centre:

 **adscresources.advocatehealth.com/resources**

Who can support me and my family?

- Family, friends, support workers, and local women's health services.

Disclaimer

This information is general. It is not medical or legal advice. Talk to your GP or health professional about what is right for you. Down Syndrome Australia and nib foundation are not responsible for decisions made using this information.

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