Council for Intellectual Disability

My hormones and menopause

An Easy Read guide for women to learn about hormones during menopause.



Easy Read

www.cid.org.au

My hormones and menopause



This guide is for women.

It is about what your hormones do before and during **menopause**.



Menopause happens when women get older.

You stop getting your period.



Menopause usually happens when you are 45 to 55 years old.



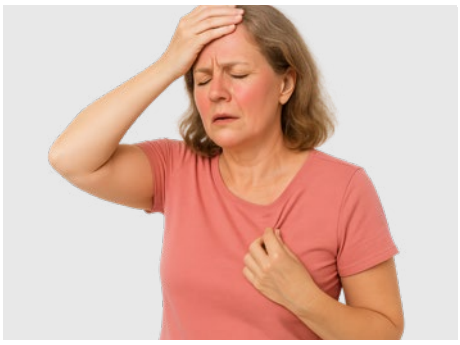
Every woman is different.



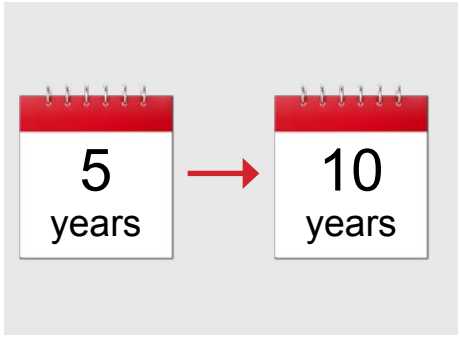
Your periods do not suddenly stop when you get older.



There are changes to your body before your periods stop.



These changes are called **perimenopause**.



Perimenopause lasts for 5 to 10 years before your last period.

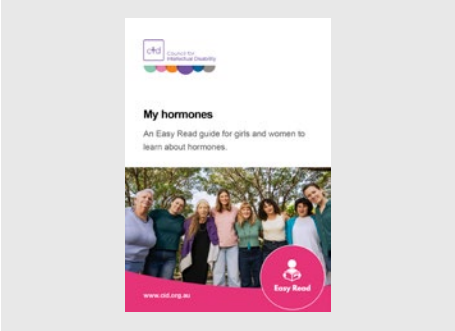


These changes are because of your **hormones**.



We have an Easy Read guide about hormones you can read at

www.cid.org.au/resource/my-hormones

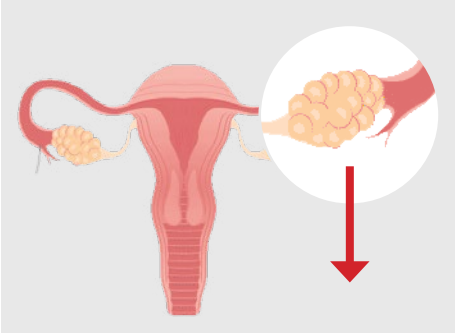


The guide is called **My hormones**.

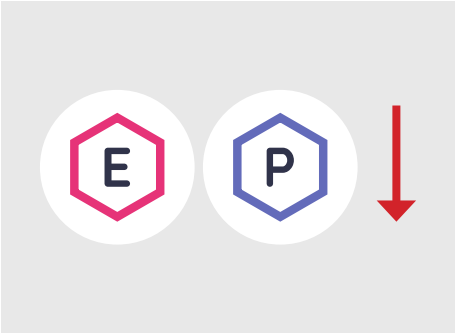
Perimenopause



Your body goes through lots of changes before your last period.



You have fewer eggs in your ovaries when you get older.



This tells your body to slow down how much estrogen and progesterone it makes.



This is perimenopause.









Having less estrogen and progesterone in your body can

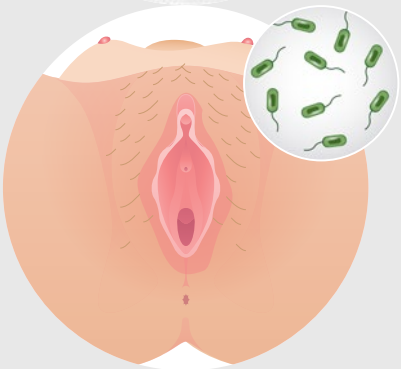
- give you mood swings
- make it hard to remember things
- change how often you have your period
- change how much you bleed during your period.











Some other things that can happen are

- you feel very hot quickly.

  This is called **hot flushes**.

- you wake up at night feeling very sweaty

  This is called **night sweats**.

- your skin feels itchy

- it is hard to fall asleep and stay asleep

- your vagina is dry.

  A dry vagina can make sex painful.
  It can mean you get infections more easily.



Perimenopause finishes 1 year after your last period.



This is when menopause starts.

Menopause



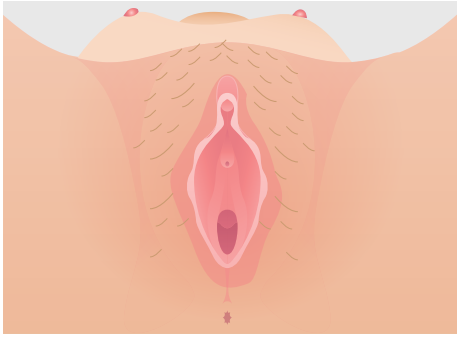
After menopause your body does not have much estrogen or progesterone.



This means you no longer have periods.



Some of the changes you feel in perimenopause will stay.



Like having a dry vagina.



Your body can go through more changes after menopause.



You might find it harder to hold on when you need to wee.



This is sometimes called **incontinence**.



You can have more **urinary tract infections**.

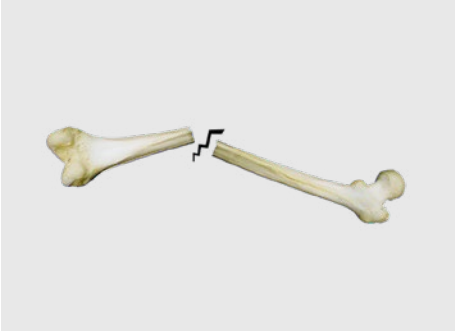
We call them **UTI** for short.



UTI is an infection in the part of your body where wee comes out.



Many women get **osteoporosis** after menopause.



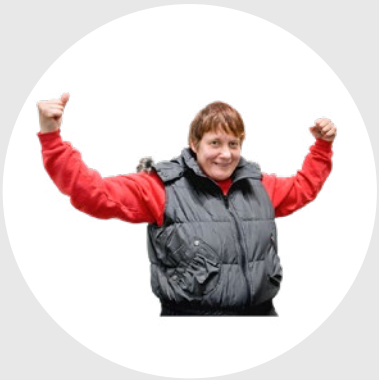
Osteoporosis means you are more likely to break a bone.



This is because your body does not have much estrogen.



Estrogen is an important hormone for your bones.





It helps your bones

- stay strong
- heal after a break.

Important to know



You might not feel all these changes during menopause.



You can feel more than one change at a time.



These changes can come and go.



These changes can be very hard for you.



You can talk to your doctor about these changes.

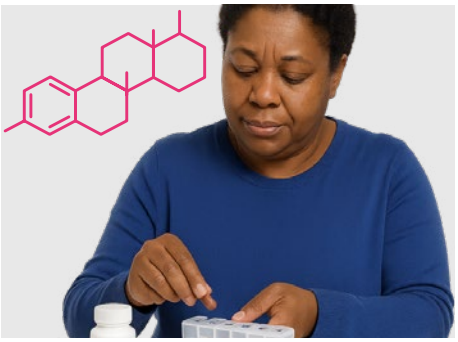


You can also talk to someone you trust.



Your doctor might suggest **hormone replacement therapy**.

We say **HRT** for short.



HRT is medicine that has hormones in it.



HRT can make the changes easier for some women.

If you would like more information about perimenopause or menopause you can talk to



- your doctor



- family planning clinic

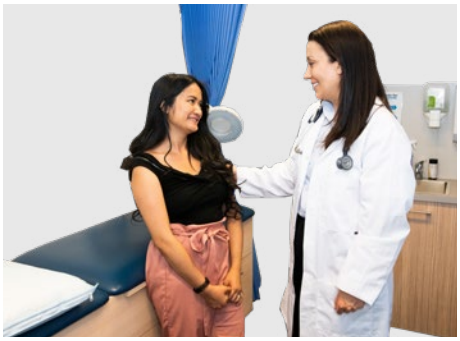


- women’s health clinic.

More information



This guide is not the same as advice from a doctor.



You should always talk to your doctor about your health.

Who did this Easy Read

CID made this information.



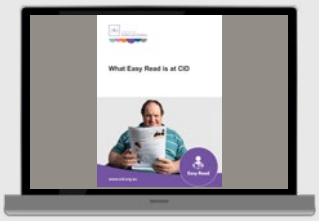
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