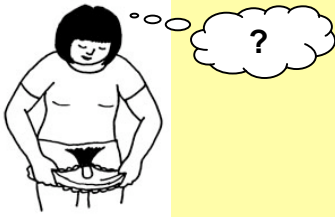


Menopause



Menopause is when you stop having periods.



40's or 50's

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

Sometimes the menopause is called 'The Change'

What happens during the Menopause?



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



You might feel very hot and sweaty sometimes. This might be worse at night. This is called a 'hot flush'



You might put on weight.



You might feel sad more often

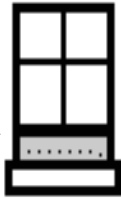


You might have problems with sleeping.



Some women feel dry or sore down below. This can make sex painful.

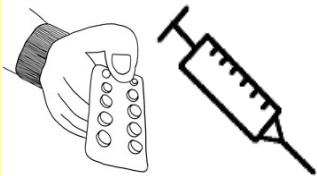
What might help?



If you are having a hot flush, take your jumper off or open a window.



Some women need medication from their doctor. This is called HRT.



HRT can be either a patch or tablet or injection.

Important things to remember



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



You still need to use contraception.



Ask your doctor about when it is safe to stop using contraception.

