

What is it?

Menopause is when a woman's period ends due to hormone changes. Women experience menopause at around 50 years of age. Every woman will experience menopause in a different way. Common symptoms include hot flushes, night sweats and trouble sleeping.

Perimenopause refers to the time when your period starts to change and you start to experience menopausal symptoms. It can start when you are in your 40s. During this time, your period may not come regularly. You may feel very hot all of a sudden (called hot flushes) or feel dry in your private parts. These are signs your body is starting to change and approach menopause.

What will my GP do now?

Your GP will talk to you about your symptoms and health history. They may also offer cervical, bowel, breast or sexual health screening as part of testing.

If your symptoms affect your daily life, your GP will discuss a management plan with you. They may talk to you about using hormone therapy to treat your symptoms.

What will my GP do in the future?

Your GP may schedule follow up appointments to monitor your symptoms and adjust your management plan if needed. Your GP may discuss the benefits of healthy lifestyle changes with you to help ease your symptoms. Your GP may refer you to a specialist called a gynaecologist or to a menopause service.

If menopause is affecting your mental health, your GP will talk to you about your support options.

What questions could I ask my doctor?

- How can I improve my sleep & other symptoms?*
- What treatments are best for me?*
- How can I support my mental wellbeing?*



What can I do?

It is important to follow your GP's advice. Keep track of your symptoms, make healthy choices like quitting smoking, staying active and eating well and practise good sleep habits. Follow up with your GP if you notice any new or changing symptoms. Be proactive in planning check-ins with your healthcare team.

What supports are available?

Visit a Menopause Hub or referral site in NSW. These are medically led, multidisciplinary services which provide support and advice for women who are menopausal. Your GP can refer you.

Where can I learn more?

- **NSW Government** – [Perimenopause and Menopause Toolkit](#)
- **Jean Hailes - Menopause** - <https://www.jeanhailes.org.au/health-topics/menopause/>