It's normal to find talking about menopause and menopause symptoms difficult. Preparing for a conversation with your healthcare provider can help. For example, thinking about questions you might ask and planning what you want to say before your visit. The can help you prepare your questions.

### MENOPAUSE FACTS

**What happens?**

Menopause happens gradually during a phase called perimenopause. This is when your ovaries produce different amounts of hormones. Menopause happens when a woman stops having periods for 12 months in a row. The average age of menopause for women in the U.S. is 51 years old. The average age of menopause for women in the U.S. is 51 years old.

**What does it happen?**

Your ovaries start to make less estrogen. This can affect your physical, mental, and emotional health. The changes you feel may be temporary, or they may last for many years. Some menopause symptoms affect the bladder, vagina, and breast. Others can affect your skin, brain, heart, and arteries. Some menopause symptoms affect your mood, psychological health, and cognitive ability. Some menopause symptoms affect your sleep, sex life, and ability to get pregnant. Some menopause symptoms affect your heart, lungs, and blood vessels. Some menopause symptoms affect your bones, teeth, and muscles. Some menopause symptoms affect your energy level, weight, and relationships. Some menopause symptoms affect your skin, hair, and overall appearance. Some menopause symptoms affect your health and quality of life.

**Who can I talk to?**

You can talk to your healthcare provider. Your healthcare provider can help you manage your menopause symptoms. Your healthcare provider can also help you find resources and support groups.

### MENOPAUSE SYMPTOMS

Here are some common symptoms of menopause. They may also be symptoms of other health conditions. If you have any questions or concerns, talk to your healthcare provider.

- **HOT FLASHES**
  - feeling warm in your face, neck or chest lasting for a few minutes
  - cough or laugh
  - sweating

- **PROBLEMS SLEEPING**
  - difficulty falling asleep, up too early
  - waking up too many times
  - waking up too early

- **STRESS INcontinence**
  - leaking urine
  - feeling that your heart is beating strongly or faster than normal
  - feeling that your heart is beating strongly or faster than normal

- **CHANGES IN YOUR PERIOD**
  - longer or shorter menstrual periods
  - heavier or lighter than normal
  - heavier or lighter than normal

- **CHANGES TO YOUR MOOD**
  - feeling less interested in sex
  - feeling forgetful, having difficulty concentrating, feeling in a 'fog'.
  - feeling forgetful, having difficulty concentrating, feeling in a 'fog'.

- **VAGINA AND VULVA**
  - vaginal dryness
  - vaginal irritation
  - vaginal itching

- **OTHER**
  - feeling less interested in sex
  - feeling less interested in sex

- **DURING SEX**
  - vaginal dryness
  - vaginal irritation
  - vaginal itching

- **SIDE EFFECTS**
  - not being able to use certain medicines, supplements or therapies

- **MORE**
  - not being able to use certain medicines, supplements or therapies

- **UROGENITAL**
  - urge to pass urine
  - difficult to get to the bathroom
  - feeling not enough to get to the bathroom

- **PAIN/DISCOMFORT**
  - sore or tender breasts
  - cysts or growths in your breasts

- **NIGHT SWEATS**
  - sweating at night, often while asleep.

- **HEADACHES**
  - feeling a headache

- **CHANGES TO YOUR HEART**
  - chest pain
  - heart palpitations

- **CONVERSATION WITH YOUR DOCTOR**
  - talking about menopause and menopause symptoms difficult.
  - planning what you want to say before your visit.
  - the questions you might want to ask your healthcare provider.