

# Menopause



**Menopause is a big change in a woman's body. It happens when her periods stop.**



**The menopause usually happens when women are 45 to 55 years old.**



**Menopause is a normal thing that happens to every women.**



**Menopause means women can no longer get pregnant because their ovaries stop making the hormones that cause periods.**



**During menopause, a woman's body goes through changes. Her periods may be different. They could last longer or shorter, be heavier or lighter, and may not come every month.**



**When a woman is going through menopause, she might experience hot flushes. A hot flush is a quick feeling of heat in the face and upper body. It usually only lasts a few minutes but can happen several times a day, week, or month.**



**During menopause, a woman might wake up feeling overheated and sweaty at night. She may struggle to sleep well or feel exhausted.**



**Menopause can make it more difficult for a woman to feel aroused during sex. It might also lead to a decrease in her interest in sexual activity.**



**The woman might feel sad, annoyed or tired more often. This is normal.**



**A doctor can help if there are problems.**

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