

FAMILY PLANNING AUSTRALIA



Menopause

Your presenters



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Doctor



ACKNOWLEDGEMENT OF COUNTRY

Healing Place by Nanii Davies



Family Planning Australia acknowledges the Traditional Custodians of Country and the ongoing connection of Aboriginal and Torres Strait Islander peoples to land, culture, and community.

We recognise the long history of First Nations peoples guiding their own sexual and reproductive health through cultural knowledge and practices.

We pay our respects to Elders past and present, and commit to listening, learning, and working in partnership to support health, rights, and access for all.

Group Agreement



We will talk about menopause for 1 hour.

We will record this part.



You can ask questions at the end.

There are no silly questions.

Group Agreement



Do not tell personal stories during the recording.



Do not use names of other people.

Today we talk about:



What Family Planning Australia does



Menopause



Questions

Drop into one of our clinics or
for further information go to
www.fpnsw.org.au

 **DUBBO**

NEW SOUTH
WALES

 **NEWCASTLE**

PENRITH



 **NEWINGTON**

Blacktown
Parramatta
Ryde

Liverpool
Bankstown

Hurstville

Sydney

FAIRFIELD



Outreach Clinics

Blacktown
Brewarrina
Campbelltown
Cobar
Liverpool
Maitland
Nynge
Walgett

Family Planning Australia



We help people with their health.



We care for women and men.

We help women with:



Periods

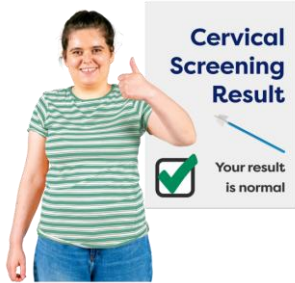


Birth control



Pregnancy options

Family Planning Australia



Cervical screening



Breast awareness



Menopause

Talkline – Family Planning Australia



You can speak with a nurse if you have questions about your sexual health.



The nurse can tell you if you need to make an appointment to see a doctor.

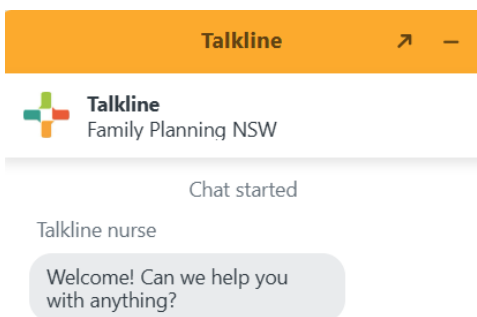
Talkline



You can call Talkline on
1300 658 886



Or email at
talkline@fpnsw.org.au



Or use the Chat on the website
<https://www.fpnsw.org.au/talkline>

What is Menopause



Share 1 word that comes up when you think about menopause.

Periods



A period is when you bleed from your vagina.

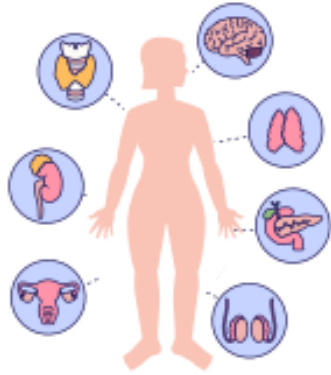


It starts when you are young.



This happens every month.

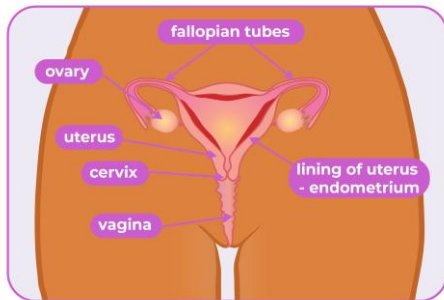
Hormones



Your periods happen because of **hormones**.

Hormones are chemicals telling different parts of your body what to do.

The female reproductive system



These hormones are called estrogen and progesterone.

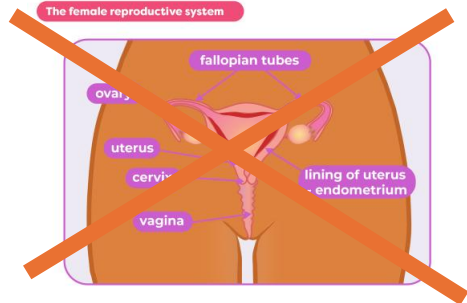
They are made in the ovaries.

What is Menopause



Menopause is when your periods stop.

It is when you have not had your period for 12 months.



You make no more

- Estrogen
- Progesteron

Perimenopause



Long before menopause you can start to feel changes.

This is called perimenopause.

Changes in how it can make you feel



Share 1 change you might notice.

Changes in how it can make you feel



Your periods are not happening every month.



You can get hot flushes.



You can wake up a lot.

Changes in how it can make you feel



You can feel pain in your joints.



Sometimes your heart can beat fast.



You can have mood swings.

Menopause



Menopause is a normal part of getting older.



You can get a lot of help.

Menopause



Share 1 thing we can do for ourselves to feel better.

Things you can do

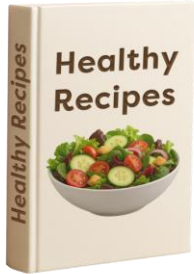


Talk to someone about how you feel.



Talk about it with your doctor.

Things you can do



Eat and drink healthy.



Make sure you get lots of exercise.

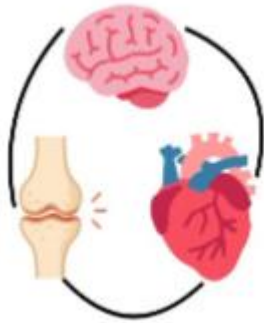


Wear cool clothes and layers you can take off.

Things you can do



You can take medication.



These medications can also be good for other parts of your body.

Information about Menopause



Menopause Easy Read



My hormones and menopause

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



Down Syndrome Australia – Menopause

My Hormones and Menopause

Information about Menopause



[Menopause Information Sheet](#)



[Menopause Symptom Checklist](#)

Time for Questions

