

Easy Read

# Keep healthy in perimenopause and menopause

## Booklet 2: Symptoms



October 2023



Learning Disability Wales  
Anabledd Dysgu Cymru



Hawdd ei Ddeall Cymru  
Easy Read Wales



The Menopause  
Charity

# About this booklet



This is an Easy Read Booklet. You may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the hard words mean on **page 19**.

There are 4 booklets about keeping healthy in perimenopause and menopause. It is a good idea to read them in order:



- **Booklet 1: What is perimenopause and menopause**
- **Booklet 2: Symptoms**
- **Booklet 3: What you can do to feel better**
- **Booklet 4: Talking to your doctor**

# What is in this booklet

<b>Perimenopause symptoms .....</b>	<b>4</b>
<b>The most common symptoms that you can have.....</b>	<b>6</b>
Changes to your periods .....	6
Hot flushes .....	8
Night sweats .....	9
Mood swings .....	10
Problems sleeping .....	10
Hard to remember and focus on things .....	11
<b>Other symptoms .....</b>	<b>12</b>
<b>Symptoms after menopause.....</b>	<b>16</b>
<b>Find out more .....</b>	<b>17</b>
<b>Hard words .....</b>	<b>19</b>
<b>Thank you.....</b>	<b>20</b>

# Perimenopause symptoms



**Symptoms** are signs that something is going on in your body.



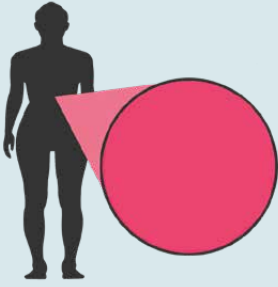
In perimenopause you might have a few **symptoms**, or a lot of **symptoms**.



You might not have any **symptoms**. Or you might not be bothered by them.



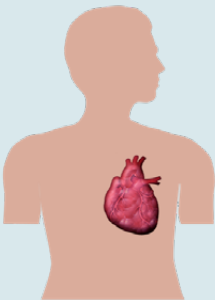
**Symptoms** are different for everyone. You might have some or all of these **symptoms** at different times.



There are a lot of things that can change as your **hormone** levels change.



Your body makes **hormones**. **Hormones** tell different parts of your body what to do and when to do it.



Even if you only have a few **symptoms**, you have more risk of getting:

- weak bones and
- heart problems.

# The most common symptoms that you can have

## Changes to your periods



A **period** is when you bleed from your vagina, which is between your legs. This happens around once a month. The proper name for **periods** is **menstruation**.



Changes to your period are the main sign you are in perimenopause.

### You may have:



- Light **periods** - you bleed less and for a shorter time.



- Heavy **periods** - you bleed more and for a longer time.



- Irregular **periods** - you have periods more often or less often than normal.



Finally, your **periods** will stop. When you have had no **periods** for a year, you have reached menopause.



Some health conditions and medicines can:

- Stop your **periods**
- Or make you have fewer or lighter **periods**.



For example, birth control can change or stop your **periods**. Birth control is medicine you can take to stop getting pregnant.



This can mean you might not notice changes to your **periods**.



Usually the main sign that you are in perimenopause is your **periods** changing.



**If you have other perimenopause symptoms, like the ones listed next, speak to your doctor.**

## Hot flushes



You might feel hot very quickly.



It can happen in your face, neck, chest, and body. You may also sweat a lot and go red in the face.



## Night sweats



You might sweat a lot when you sleep.



Your night clothes or sheets may get wet from your sweat. You might need to change them.



Night sweats can make it hard to sleep well. They can make you wake up more often and make you feel cold after sweating.

## Mood swings



You might feel different moods when you are in perimenopause. You might feel angry, sad, worried, or cry more.



This can make it hard to get along with others.

## Problems sleeping



You might feel tired and have trouble sleeping for many reasons. For example because of night sweats or because you are feeling worried.



This may make you tired and cross the next day.

## Hard to remember and focus on things

When some **hormones** get lower it can make you:



- feel confused



- forget things

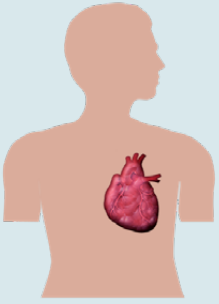


- or have trouble focusing on things, like reading.



This is often called **brain fog**.

# Other symptoms



Your heart beats fast or hard.



You feel tired or weak.



You feel dizzy.



Your head hurts more.



You get heavier or bigger.



Your muscles and joints hurt.



You find it hard to breathe.



You need to pee more, or you leak some pee by accident.



Your vagina is dry or hurts or itches.



You get more infections in your vagina or bladder.  
Your bladder is in your body, it stores your pee.



You get dry skin, mouth, and eyes.



Your hair falls out or gets thinner.



You feel sad.



You feel worried or scared.



You do not want to have sex anymore.



These symptoms can change over time. You might stop having hot flashes, but start feeling sad or worried.

# Symptoms after menopause



Menopause is when you have had no **periods** for a year.



After that, you are in post-menopause. Some things like hot flushes and night sweats can get better.



You might have **symptoms** for around 4 years after menopause. For some people **symptoms** may not go away.



You may feel new things, like problems sleeping, feeling tired, or having dryness in your vagina.



# Find out more

You can read all 4 easy read booklets about keeping healthy in perimenopause and menopause:



- **Booklet 1: What is perimenopause and menopause**
- **Booklet 2: Symptoms**
- **Booklet 3: What you can do to feel better**
- **Booklet 4: Talking to your doctor**

You can also find out more on these websites:



[www.themenopausecharity.org](http://www.themenopausecharity.org)



[www.ftww.org.uk/menopause](http://www.ftww.org.uk/menopause)



[www.111.wales.nhs.uk/encyclopaedia/m/article/menopause](http://www.111.wales.nhs.uk/encyclopaedia/m/article/menopause)



[www.womens-health-concern.org](http://www.womens-health-concern.org)



[www.menopausesupport.co.uk](http://www.menopausesupport.co.uk)



[www.rockmymenopause.com](http://www.rockmymenopause.com)

# Hard words

## Hormones

Your body makes hormones. Hormones tell different parts of your body what to do and when to do it.

## Period

A period is when you bleed from your vagina, which is between your legs. This happens around once a month. The proper name for periods is menstruation.

## Symptoms

Symptoms are signs that something is going on in your body.

# Thank you



Hawdd ei Ddeall Cymru  
Easy Read Wales

These booklets have been written by [Easy Read Wales](#).



They are based on information by the [The Menopause Charity](#).



With support from the [Fair Treatment for the Women of Wales](#).



Cwm Taf People First

Thank you to [Cwm Taf People First](#) for checking these booklets.



Hawdd ei Ddeall Cymru  
Easy Read Wales

[To tell us what you think about this easy read version, click here.](#)

[Photosymbols Licence number 403527247.](#)