



# **The Menopause And Me**

TAYLOR LANE



**'Menopause' refers to the time in a person's life when the ovaries stop producing hormones and menstruation stops.**

**Menopause usually occurs between the ages of 45 & 55**



**It is important to remember that menopause affects not just women, but also some people who identify as trans and non-binary.**

**The length of time symptoms of menopause are experienced for vary from person to person, but the average length of time is 4 years.**



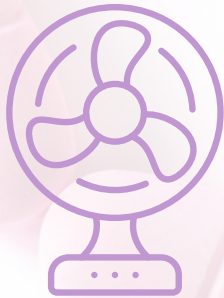
Symptoms vary from person to person, however, 8 in 10 will experience at least some of the following symptoms:



MOOD CHANGES



HEADACHES



HOT FLUSHES



JOINT PAIN



PALPITATIONS



DIFFICULTY SLEEPING  
& TIREDNESS

Other symptoms include brain fog, night sweats, loss of libido and vaginal dryness. Please be reassured that your symptoms can be managed so do discuss this with your doctor.

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Symptoms



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# **YOUR TAYLOR LANE AMBASSADORS**



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# INFORMATION

- [www.nhs.uk/conditions/menopause](http://www.nhs.uk/conditions/menopause)
- [www.thebms.org.uk](http://www.thebms.org.uk)
- [www.menopausesupport.co.uk](http://www.menopausesupport.co.uk)
- <https://www.menopauseandme.co.uk/en-gb>
- <https://www.talkingmenopause.co.uk/>
- <https://mpoweredwomen.net/life-stage/the-only-seven-websites-you-need-to-power-through/>
- <https://www.themenopausecharity.org/>

## HUB

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