

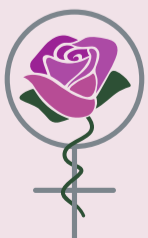
# Trouble sleeping?

A disruption to sleeping habits is often the No.1 complaint from those in the perimenopause and menopause

Trouble sleeping, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play



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the menopause support app



# Unexpected aches & pains?

Do you feel like your body has suddenly become very old? Do you have a stiffness and achy feeling in your joints that just isn't going away? This is a very common symptom of the fluctuating and falling hormones that happen in the perimenopause and menopause

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# Headaches or migraines?

Fluctuating levels of hormones, particularly a dip in estrogen levels, can bring on headaches and trigger migraines for many people. This could be a sign of the perimenopause or menopause

Headaches or migraines, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

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# Low mood, anxiety, feelings of depression?

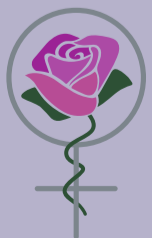
Low mood, anxiety and feelings of depression can be very common symptoms of the menopause and perimenopause

These and other psychological symptoms are often mistaken for clinical depression, with many women wrongly prescribed antidepressants as treatment

It is the symptoms that other people cannot see that too often lead to the most difficulties. Psychological as well as physical symptoms occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

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# Protect your bones, heart & brain

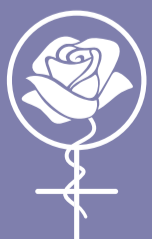
The menopause is a hormone deficiency that leads to increased risk of developing osteoporosis, heart disease, and dementia

The most effective way to protect your bones, heart and brain is to replace the hormones that your body is no longer producing

People who take Hormone Replacement Therapy (HRT) have a lower risk of developing diseases including osteoporosis, heart disease, and dementia

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# Changes down below?

Do your genitals look or feel different? Are you feeling itchy, dry, in pain or sore? Are you getting thrush or cystitis more often? Do you need to wee more, feel very desperate a lot or have the odd leak?

If you have these symptoms, it could be a sign of the perimenopause or menopause; and it's very likely your body needs some hormones back

Vaginal estrogen and vaginal DHEA are totally safe and are available in a pessary, cream, gel or ring. They're usually very effective at improving all these symptoms. The earlier you start the better and both can be taken long term, and alongside HRT

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