


MENOPAUSE

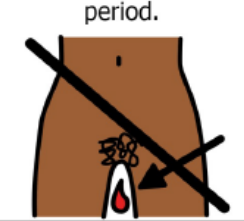
I am getting older. I am in my 40s.




My body is preparing for menopause.



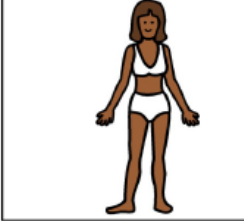
Menopause is when I will stop having my period.



This may take some time.



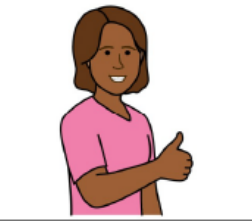
My body will change.




These changes can happen to all women as they get older.



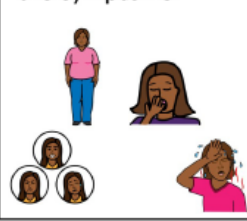
I will have days when I feel good!



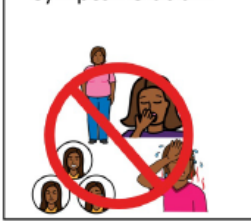
I will also have days when I do not feel so good.



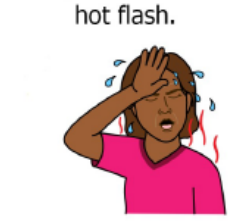
I may have some of the symptoms.



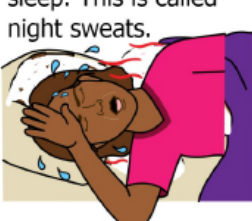
Or I may not have symptoms at all.




I may get hot during the day. This is called a hot flash.




I may get hot when I sleep. This is called night sweats.



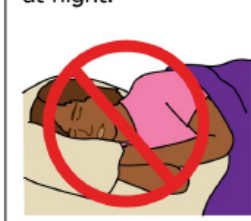
My emotions may change throughout the day.



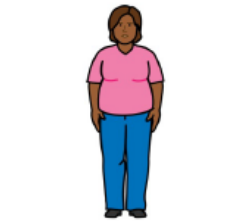
I may feel tired during the day.



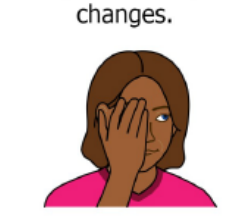
I may not sleep well at night.



I may gain weight.



I may feel embarrassed by these body changes.



I may get frustrated at times.



I know I can get through it!



If I have questions I can talk to a trusted adult.

