
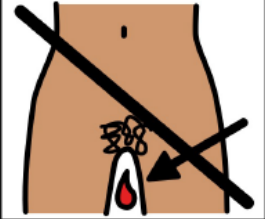
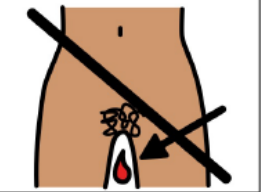

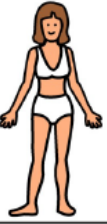


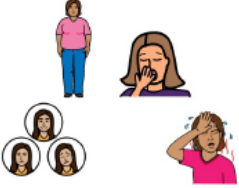

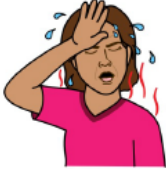
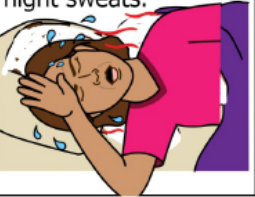









MENOPAUSE

<p>I am getting older. I am in my 40s.</p> 	<p>My body is preparing for menopause.</p> 	<p>Menopause is when I will stop having my period.</p> 	<p>This may take some time.</p> 	<p>My body will change.</p> 
<p>These changes can happen to all women as they get older.</p> 	<p>I will have days when I feel good!</p> 	<p>I will also have days when I do not feel so good.</p> 	<p>I may have some of the symptoms.</p> 	<p>Or I may not have symptoms at all.</p> 
<p>I may get hot during the day. This is called a hot flash.</p> 	<p>I may get hot when I sleep. This is called night sweats.</p> 	<p>My emotions may change throughout the day.</p> 	<p>I may feel tired during the day.</p> 	<p>I may not sleep well at night.</p> 
<p>I may gain weight.</p> 	<p>I may feel embarrassed by these body changes.</p> 	<p>I may get frustrated at times.</p> 	<p>I know I can get through it!</p> 	<p>If I have questions I can talk to a trusted adult.</p> 