

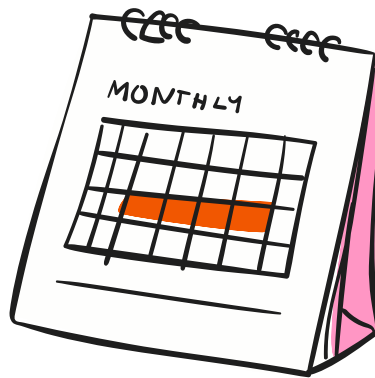
Am I Going Through Menopause?

How your body changes as you get older

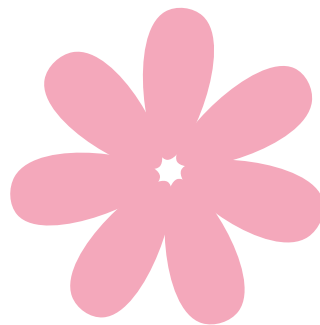


What is Menopause?

Menopause is when you you
stop getting your period



It happens to most people
with IDD at the **age of 47**

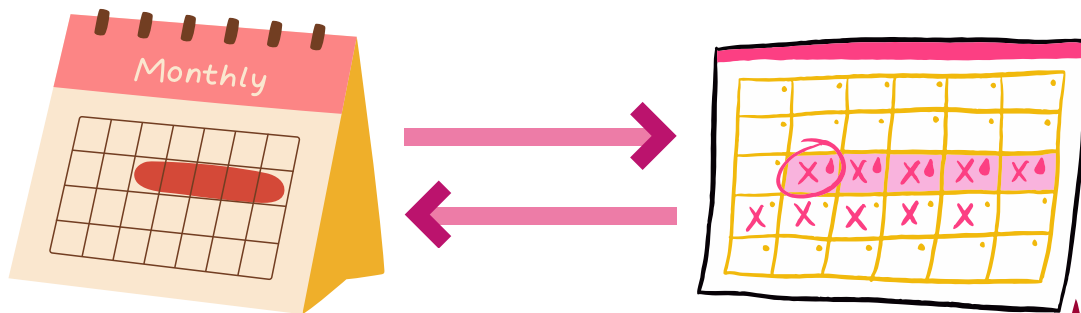


It is a part of **getting older**

What is Menopause?

Before your period fully stops, your period might be different.

It can be shorter, longer or sometimes not come at all.



This is called **perimenopause**.

What is Menopause?

When your period **stops** for good
and does not come back for a
whole year.



That is called **menopause!**

Remember...

You can have **symptoms or
changes** in your body during
**peri-menopause AND
menopause.**

What happens to your body during menopause?



Hot Flashes and
Night Sweats

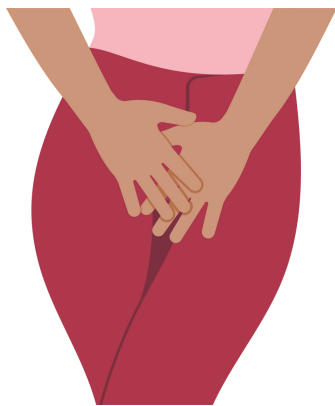
Difficulty Sleeping



Mood Changes or
Getting Mad
Easily

What happens to your body during menopause?

Difficulty
Concentrating

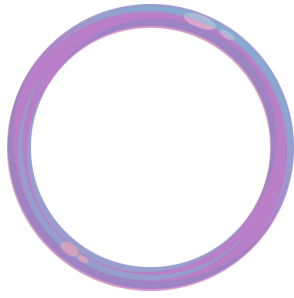


Feeling Dry or
Itchy Between
Your Legs

You might have symptoms even
if you still get your period

How to feel better during menopause

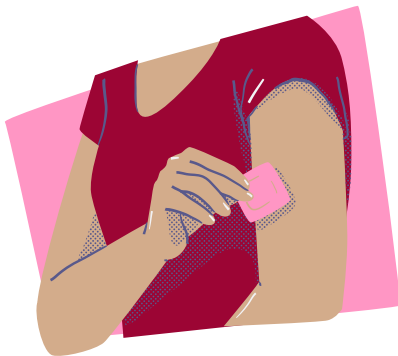
Hormone Therapy



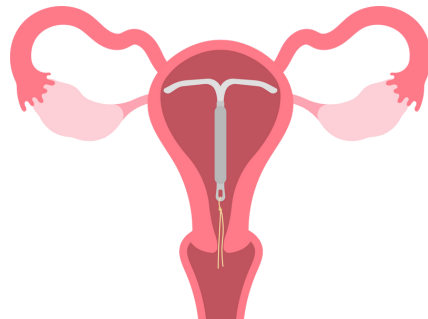
Ring Insert



Daily Gel



Weekly Patch

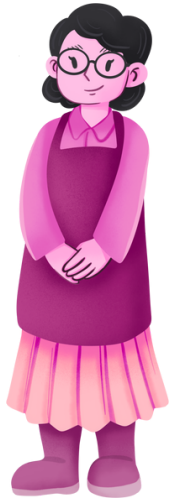


IUD



Daily Pill

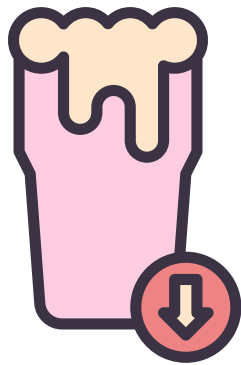
How to feel better during menopause



Layered
Clothing



Regular
Exercise



Less Alcohol



Less Caffeine

How to feel better during menopause



Noticing How
You Feel



Therapy



Physiotherapy



Moisturizer



Good Sleep



This resources has been prepared by
the St. John Adapted Exercise
Science Lab at the University of
Calgary in Alberta, Canada.



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CALGARY**



**Azrieli
Accelerator**