



CBHS

Health Cover for the
CommBank Family



Hi there,

Welcome to the first instalment of our *Mastering menopause* month! This is designed as an educational program for our members, where each week throughout November, we'll cover a different menopause-related topic.

This week, we discuss the three stages of menopause, with a particular focus on one of the lesser-known stages – perimenopause. But, first, let's cover some of the reasons we're running this program.

The facts

As life expectancy increases, women are spending more of their lives in the stages of menopause. Yet studies show that a majority of women feel they were never educated about menopause, and more than 85% of women do not receive effective treatment for their symptoms. In fact, a recent parliamentary inquiry has highlighted the lack of education on perimenopause and menopause among even the medical profession. It's time we change the narrative and become better informed.

Stages of menopause

There are three stages of menopause:

- **perimenopause** – the transitional phase leading up to menopause
- **menopause** – the phase directly following your final period

- **post-menopause** – when a woman has gone 12 months without a period

Head to our website to learn more about [the three stages](#).

What is perimenopause?

Perimenopause is the transitional phase leading up to menopause and can last anywhere from a few months up to 10 years. While it normally begins in the mid-40s, for some women it can start as early as the 30s. During perimenopause, oestrogen levels gradually decline and the ovaries begin to produce less eggs, until they stop when a woman officially reaches menopause, literally translating to “end of menstruation”.

As hormone levels fluctuate during perimenopause, women may experience irregular menstrual cycles, difficulty sleeping, mood swings and other symptoms.

A great deal of women in perimenopause are juggling full-time careers with raising a family. Yet due to the lack of information and awareness of this stage, many don't realise when they're in perimenopause – and suffer in silence.

The NSW Government has [resources available](#) to help educate employers and employees on perimenopause and how to offer support in the workplace. But we're also calling on partners, family members and friends to become informed so they can better support those around them.

Read [our article](#) for more information on perimenopause and how to identify the signs.

Coming up...

Next week, we discuss some of the symptoms of menopause and offer tips to help manage them.

Yours in good health,

Team CBHS

Sources:

<https://www.ncbi.nlm.nih.gov/books/NBK507826/>

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<https://www.cbhs.com.au/mind-and-body/blog/how-to-ease-your-way-through-menopause>

<https://www.nsw.gov.au/women-nsw/toolkits-and-resources/perimenopause-and-menopause-toolkit/menopause-workplace>

<https://www.cbhs.com.au/mind-and-body/blog/understanding-perimenopause>

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