



Glossary

Early menopause	Early Menopause happens when a woman's periods stop before the age of 45. It can happen naturally if a woman's ovaries stop making normal levels of certain hormones, particularly the hormone oestrogen.
Hormone Replacement Therapy (HRT)	HRT are hormones that are prescribed during the menopause transition and menopause to alleviate oestrogen deficiency symptoms such as hot flushes, mood swings, vaginal dryness and to prevent or treat osteoporosis.
Hysterectomy	A hysterectomy is surgical removal of a woman's uterus.
Oophorectomy	The surgical removal of one or both ovaries.
Osteoporosis	Osteoporosis is a health conditions that weakens bones making them fragile and more likely to break.
Perimenopause	Perimenopause is when you have symptoms of menopause, but your periods have not stopped.
Post menopause	Post menopause starts one year after the last menstrual period.
Progesterone	Progesterone is produced during the second half of your menstrual cycle. As you reach menopause, the amount of progesterone that your body produces falls.
Surgical Menopause	Surgical menopause occurs when both ovaries are removed.
Testosterone	Testosterone is the male sex hormone found in smaller amounts in women. Low levels of testosterone in women may contribute to loss of libido.