LIKHA LOVE

Understanding Postmenopause

A gentle guide to your body, your wellbeing and the years ahead

A new chapter deserves care, information and support.

What is postmenopause?

Postmenopause is the stage after your final menstrual period and continues for the rest of your life. Menopause is generally confirmed after 12 consecutive months without a period, when there is no other explanation. Hormone levels change, and the ovaries no longer release eggs.

What might you notice?

For many people, symptoms such as hot flushes gradually become less frequent. Others continue to experience them for years. Around 1 in 10 women have hot flushes and night sweats that last for many years after menopause.

Lower oestrogen can also contribute to vaginal dryness, discomfort during sex and changes in bladder control. These symptoms may persist without treatment, so speak with a healthcare professional if they affect you.

Your experience is individual

There is no single way to experience postmenopause. You deserve support for symptoms that disrupt your sleep, relationships, work or daily life.

Caring for your future health

Hormonal changes and ageing can affect several areas of health. Understanding these changes helps you plan supportive habits and healthcare.

Areas worth paying attention to

- Bones: bone loss can increase the risk of osteoporosis and fractures.
- Muscles: muscle loss can make everyday activities more difficult.
- Heart and metabolism: cardiovascular disease, stroke and insulin resistance become important health considerations.
- Vaginal and bladder health: dryness, irritation, urinary tract infections and bladder symptoms can occur.

Small, sustainable ways to care for yourself

- Eat a varied diet with fruit, vegetables, whole grains, lean protein and dairy or suitable alternatives.
- Stay active with a mix of aerobic, resistance and weight-bearing movement that suits your abilities.
- Prioritise sleep, mental wellbeing, social connection and activities that keep you mentally engaged.
- Avoid smoking and vaping, and consider limiting alcohol and caffeine.

You do not need to change everything at once. Consistent, manageable steps matter.

Support & next steps

Know when to seek help and which conversations to start.

Stay on top of health checks

Discuss recommended screening and preventive care with your healthcare professional. Depending on your age and risk factors, this may include blood pressure and cholesterol checks, eligible cancer screening and bone-density assessment if you are at risk.

When should you see a doctor?

Seek medical advice if symptoms are distressing, persistent or interfering with everyday life. Treatment and support are available. Not every new symptom in midlife is caused by menopause; a clinician can assess other possible explanations.

Important: Any vaginal bleeding after menopause should be checked by a healthcare professional, even if it happens only once.

Questions you might ask

- Which symptoms could be related to menopause, and what else should we rule out?
- What treatments could help my symptoms, and what are their benefits and risks for me?
- Do I need any screening or a bone-health assessment?

Original source

Based on the Australian Government Department of Health, Disability and Ageing: Postmenopause (updated 26 May 2026). This is an independently written Likha Love educational summary, not an official government publication.

This guide is general information, not personal medical advice. For diagnosis or treatment, consult a qualified healthcare professional.