

# Menopause - quiz

Do you know when menopause starts? Can you get pregnant during menopause? Does everyone gain weight when they go through menopause? Test your knowledge with the menopause quiz.

**1. Menopause is the last menstrual period of a woman's life. When does this usually occur?**

- A. Between 45 and 55 years.
- B. Between 50 and 60 years.
- C. Between 55 and 65 years.

**2. What is perimenopause?**

- A. Another name for the male menopause.
- B. The transition phase that occurs before menopause, characterised by scanty or irregular periods.
- C. Menopause that occurs before the age of 45 years, also known as premature menopause.

**3. Can a woman get pregnant while she is going through the menopause transition?**

- A. Yes.
- B. Yes, but only if she orgasms during intercourse.
- C. No.

**4. Is hormone replacement therapy (HRT) an effective form of contraception?**

- A. Yes – HRT contains synthetic female hormones just like contraceptive pills.
- B. No – HRT doesn't contain female hormones and therefore can't influence the menstrual cycle.
- C. No – HRT contains female hormones which do not stop ovulation.

**5. Apart from changes to menstruation, other common signs of menopause include:**

- A. Hot flushes, constipation, back pain and bleeding gums.
- B. Hot flushes, sweats, dry vagina and aches and pains.
- C. Dry vagina, sore throat, palpitations and eyesight problems.

**6. The typical weight change associated with menopause is:**

- A. Weight loss from all over the body.
- B. Weight gain of fluid, usually in the extremities.
- C. Weight gain of body fat, particularly around the abdomen.

**7. A woman is considered 'postmenopausal' when she hasn't had a period for:**

- A. Six months.
- B. 12 months.
- C. 18 months.

**8. The drop in female hormones can increase the risk of certain health problems such as:**

- A. Osteoporosis and heart disease.
- B. Pancreatitis, bladder cancer and hearing loss.
- C. Liver disease, anaemia and sciatica.

Calculate score

Your score is:

**Score 0 to 2:**

You need to find out more about menopause. Try browsing the Better Health Channel for lots of useful information about menopause.

**Score 3 to 5:**

You have some knowledge but menopause is still a bit of a mystery to you. Have a look at some of the fact sheets on the Better Health Channel.

**Score 6 to 8:** You show an impressive understanding of menopause.

> Check the Correct answers.

**This page has been produced in consultation with, and approved by:**

Jean Hailes Foundation for Women's Health

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