

# Juniper's 2026 Menopause Guide

This is general guidance, not medical advice.  
Your practitioner will advise on what's right for you.



## Understanding the menopause transition

Oftentimes hot flushes is the only symptom that gets talked about, when in reality **there are 140 potential symptoms** during this transition, and women might not realise that they're in perimenopause or menopause.



### Perimenopause

Perimenopause is the time leading up to and just after your final period (menopause). It can begin years before your final period.

Perimenopause often starts in your 40s, but can start earlier or later. On average, perimenopause will last for 4 to 6 years, but everyone is different and it can last between 2 to 10 years.



### Menopause

Menopause is a point in time – your final period. You know you've reached menopause when you have not had a period for 12 months, with no other medical reason for it. Your periods stop because your ovaries stop releasing eggs and their cyclical production of oestrogen and progesterone ceases.

The average age a woman starts menopause is 51, but it is typical for menopause to occur between the ages of 45 and 55. Some women might go through the menopause transition earlier or later.



### Postmenopause

Postmenopause starts after menopause and continues for the rest of your life.

# The hormonal changes that can cause these symptoms for women



## Oestrogen

Oestrogen has numerous functions, including stimulating the growth of breast tissue and the lining of the uterus during the menstrual cycle, maintaining vaginal blood flow and moisture, maintaining blood cholesterol levels and preserving bone mineral density. Genitourinary syndrome of menopause (GSM) is a new term that is used to describe the symptoms that women experience due to a lack of oestrogen.



## Progesterone

Progesterone is a hormone produced by the ovaries after ovulation each month. It helps regulate the menstrual cycle, prepares the uterine lining for a potential pregnancy and supports mood stability. During perimenopause, ovulation becomes irregular, meaning progesterone is produced less consistently. This fluctuation is what drives many early perimenopause symptoms including irregular periods, sleep disruption and mood changes.



## Testosterone

The decline in testosterone begins before perimenopause and is solely age-related and not due to menopause. It's important for energy, mood, libido, muscle strength and cognitive function. In natural menopause, testosterone decline is primarily age related and gradual, beginning in your 30s and continuing steadily.

## You're not alone - symptoms are very common

Hot flushes get all the coverage, but the reality is different. About 1 in 2 women report mild to moderate symptoms.\*

Around 1 in 4 women have symptoms severe enough to affect their daily activities, and around 1 in 4 have no symptoms.\*

### An internal Juniper survey shared that patients are experiencing\*\*

- **62%** fatigue or low energy
- **61%** sleep disruption
- **57%** brain fog
- **51%** mood changes or anxiety

### Women may experience the following symptoms

- Sleeplessness
- Unusual tiredness
- Backache
- Joint pains
- Weight gain
- Mood changes
- Headaches
- Night sweats
- Anxiety
- Forgetfulness
- Irritability
- Brain fog
- Low libido
- Vaginal dryness
- Urinary frequency
- Dry mouth
- Dry skin
- Muscle pains
- Breast soreness
- Hair loss

\*Australian Government Department of Health, Disability and Ageing. (n.d.). Menopause. <https://www.health.gov.au/perimenopause/understanding/menopause>

\*\* Internal Juniper survey, 2026, n=2,700.

## Menopause myths to debunk

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### **Myth: You need a blood test to diagnose perimenopause.**

**Fact:** Your practitioner will usually be able to diagnose perimenopause based on your age, symptoms and period history. Blood tests are not routinely needed.

### **Myth: Menopause treatment plans are unsafe.**

Menopause treatment plans can address common symptoms like night sweats, sleep disturbance, vaginal dryness, and bone loss. For those who are healthy and at the expected age of perimenopause or menopause, there can be benefits to starting a treatment option, based on your practitioners recommendation. Risks will depend on things like your health history, the option chosen, the timing, and clinical staging. There has been lots of misinformation about treatment options for many years. It is important to talk to your practitioner about the treatment plan that may be suitable for you.

### **Myth: Hot flushes are the only menopause-related symptom.**

**Fact:** While hot flushes are a common symptom, there are 140 potential symptoms associated with the menopause transition. Other symptoms can include sleep problems, joint and muscle pain, brain fog or forgetfulness, mood changes, loss of libido (sexual desire), anxiety, vaginal dryness and bladder changes.

### **Myth: Menopause is something you only need to think about when you're in your 60s.**

**Fact:** In Australia, the average age for the start of menopause is 51, but you might go through the menopause transition earlier or later. Many women begin perimenopause in their 40s, and some experience early menopause before the age of 45 or premature ovarian insufficiency (POI) before the age of 40. Perimenopause can last several years before your periods stop completely and you reach menopause. Looking after your health from a younger age can help you feel better prepared for menopause.

### **Myth: There is nothing that can be done to manage perimenopause and menopause symptoms, and you just have to put up with them.**

**Fact:** There are a range of evidence-based treatment options for menopause-related symptoms. There is also lots of information and support available.

### **Myth: Everyone will have a terrible experience of perimenopause and menopause.**

**Fact:** Everyone's experience of perimenopause and menopause is different. Around 1 in 4 women report having few or no symptoms, and 1 in 2 have mild to moderate symptoms. Around 1 in 4 women report having severe symptoms that affect their daily life. There is lots of support available if your symptoms are worrying you.

### **Myth: It is a myth that your quality of life will decline during menopause.**

**Fact:** While menopause-related symptoms can be challenging, many women report improved confidence, freedom and focus after menopause. Support, lifestyle strategies and treatments can greatly improve your quality of life.

## Frequently asked questions

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### **When should I seek help if I am experiencing symptoms?**

If your symptoms are affecting your sleep, mood, work, or you just don't feel like yourself anymore - that's all reason enough to seek support. Your symptoms don't need to be severe, and a treatment plan may be suitable for you.

### **What are my treatment options if I am going through perimenopause or menopause?**

The treatment plan designed by our practitioners is personalised to your symptoms, medical history and preferences.

There is a range of evidence-based treatment options for managing menopause-related symptoms, such as hot flushes, night sweats and vaginal dryness. The best first step is to speak to a practitioner to understand what's right for you.

### **What if I am already on the Juniper Weight Reset program?**

Our practitioners are experienced in both weight management and menopause. They will consider your current medical weight loss program when your discussing your menopause treatment plan.

### **What does the Juniper menopause program include?**

Juniper's menopause care includes up to a 45 min appointment with a menopause expert who understands the full symptom spectrum. Your practitioner will determine eligibility and support you to find a suitable treatment (or review any existing treatment you're currently on), and ensure this supports what you're currently experiencing.

You will have support from day one through unlimited access to our Medical Support team, Whatsapp support chat, direct phone line, and our patient experience team.

### **Is the initial consultation refundable?**

No, Juniper's menopause consultation is non-refundable. This consultation is a personalised, in-depth discussion with a menopause expert, and is covered by the \$249 payment.

### **How do I know if my treatment plan is the best option for me?**

If something feels off, it can be helpful to speak with a menopause expert who will take the time to understand your symptoms, and work with you to find a plan that supports. This can include a range of treatment options, including lifestyle changes.

### **I want support, how can I speak with a practitioner?**

Visit [myjuniper.com/menopause](https://myjuniper.com/menopause) to learn more about this offering, and take the symptoms quiz to share more with our team and see what support looks like for you.

### **I have more questions, how do I learn more?**

Our team is always happy to chat. You can reach us on Whatsapp message at +1(555)993-2976 or you can email us at [hello@myjuniper.com](mailto:hello@myjuniper.com)