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hot flashes vaginal dryness because these can also be symptoms of pregnancy or other medical conditions you should consider seeing your doctor for evaluation if you re in early menopause menopause is the end of a woman 39 s menstrual cycle and fertility it happens when your ovaries no longer make estrogen and progesterone two hormones needed for fertility your periods have menopause can cause a variety of emotional changes including a lack of motivation and difficulty concentrating anxiety depression mood changes and tension aggressiveness and irritability treatment for menopause symptoms include hormonal treatments to help manage hot flashes and other symptoms lubricants for vaginal dryness supplements and medications to help prevent osteoporosis menopause is a point in time 12 months after a woman 39 s last period the years leading up to that point when women may have changes in their monthly cycles hot flashes or other symptoms are called the menopausal transition or perimenopause the menopausal transition most often begins between ages 45 and 55 in the months or years leading up to menopause perimenopause you might experience these signs and symptoms irregular periods vaginal dryness hot flashes chills night sweats sleep problems mood changes weight gain and slowed metabolism thinning hair and dry skin loss of breast fullness