



UNIVERSITY OF  
KWAZULU-NATAL™  
INYUVESI  
YAKWAZULU-NATALI

COLLEGE OF  
HEALTH SCIENCES

The Department of Psychiatry invites you to a multidisciplinary menopause update.

# MENOPAUSE MASTERCLASS: FROM HEAD TO TOE

*Save the Date*

DATE: 02 AUGUST 2025 | VENUE: GATEWAY HOTEL | TIME: 08H00 TO 16H00

## HOW MENOPAUSE AFFECTS THE BODY



ACNE



STRESS



VAGINAL  
DRYNESS



HEADACHES



FOGGY  
THINKING



DEPRESSION



DECREASED  
SEX DRIVE



DIFFICULTY  
SLEEPING



IRREGULAR  
PERIODS



WEIGHT GAIN



DIARRHEA



FOOD  
CRAVINGS



EXCESS FACIAL  
AND BODY HAIR



BREAST  
TENDERNESS

Department of Psychiatry: 0312604321 | [Jika@ukzn.ac.za](mailto:Jika@ukzn.ac.za)

INSPIRING GREATNESS