# Ugandan Author Doreen Baingana Embraces Menopause and New Beginnings in Australia



Doreen Baingana, a 58-year-old author originally from Uganda, shared her experiences and reflections on menopause in an article published on May 14, 2024. Baingana, who recently moved to Australia to pursue a PhD, discusses the physical and psychological changes associated with ageing and menopause. Despite noticing signs of ageing, such as less flexibility and changes in body weight, she feels stronger than ever and remains active by engaging in exercises like aerobics and swimming.

Baingana expressed that menopause, while marking a significant shift, has not slowed her down. She continues to embrace new challenges, including adjusting to new countries and cultures, demonstrating resilience and adaptability. Baingana also reflected on missing certain premenopausal symptoms like premenstrual syndrome (PMS), which used to spur her creativity and energy.

Though having missed certain traditional rites of passage, such as marriage, to adulthood, Baingana pointed out that motherhood and moving abroad have been significant transitions in her life. She remains committed to personal growth, sharing her accumulated wisdom, and continuing her writing career.