



SYMPTOMS OF THE MENOPAUSE & PERIMENOPAUSE

Some of these can be linked to other health problems, so we can't always assume that everything that starts happening to you in your 40s and 50s is Menopause but when you start to see a pattern of these symptoms in a normally healthy person, it is almost always menopause related.

- **NIGHT SWEATS & HOT FLUSHES**
- **SLEEP DISRUPTION & TIREDNESS**
- **MOOD CHANGES** including irritability & depression, mood swings & anxiety.
- **PALPITATIONS, DIZZINESS, HEADACHE**
- **MENSTRUAL CHANGES:** heavier periods/ skipped or irregular periods.
- **LOSS OF VAGINAL ELASTICITY & LUBRICATION:** pain, burning, itch, pain on vaginal examination & during penetrative vaginal sex.
- **DECLINE in SEX DRIVE** or low libido, difficulty achieving orgasm.
- **DECREASE IN METABOLISM** leading to increase in weight and obesity.
- **LOSS of MUSCLE MASS** ("Sarcopaenia").
- **HAIR & SKIN CHANGES:** thinning hair, loss of head hair, skin issues, itchiness and crawling sensations (known as "formication").
- **JOINT COMPLAINTS:** aches & pains, poor exercise tolerance.
- **BLADDER COMPLAINTS:** urgency (needing to rush to the loo), frequency (peeing too often), painful urination, frequent urinary infections, leakage of urine and wetting yourself.
- **COGNITIVE ISSUES** such as forgetfulness, memory loss, poor concentration, "brain fog"