



SYMPTOMS OF THE MENOPAUSE & PERIMENOPAUSE

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



SYMPTOMS	IMPACT		
	MILD	MODERATE	SEVERE
Flushes/ Feeling hot			
Sweating			
Sleep disruption			
Mood changes, anxiety, irritability			
Loss of memory, concentration			
Fatigue			
Joint & muscle pains			
Loss of Sexual desire			
Vulval/ vaginal irritation or dryness			
Leakage of urine			
Palpitations			
Worsening or new headache			
Menstrual changes			
Weight gain			
Hair & Skin changes			
Others:			