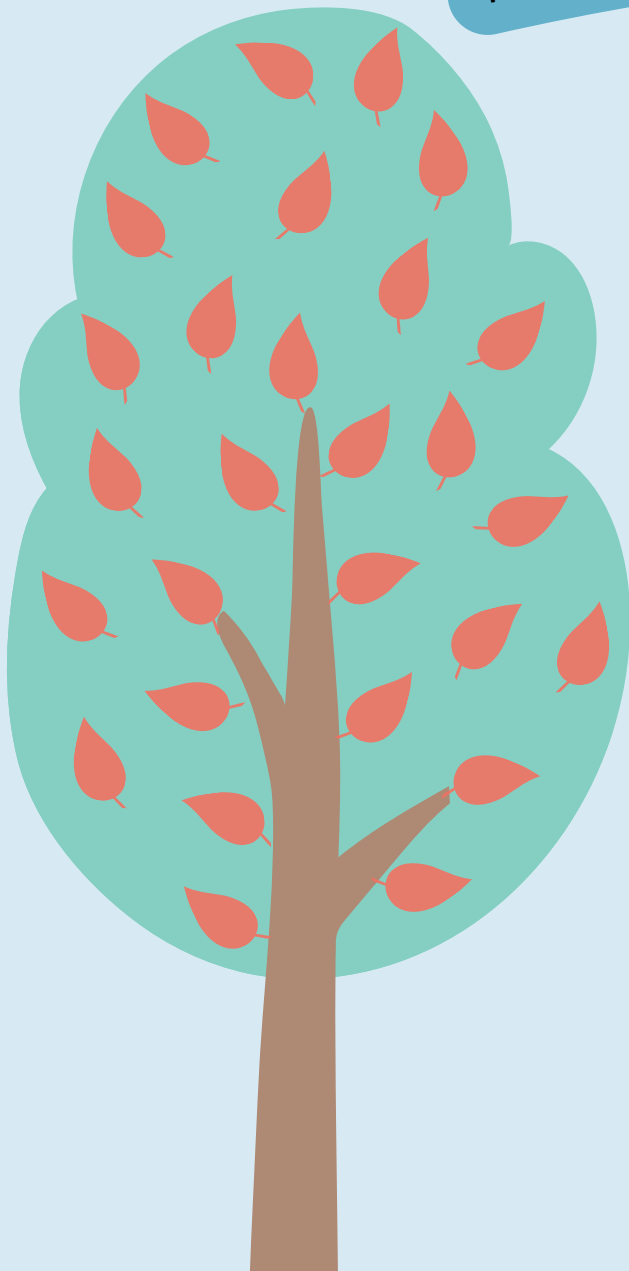


# Menopause Symptoms

These symptoms can occur during the perimenopause and menopause



Period changes  
Lighter or heavier  
More irregular  
Finally stopping

Low, fluctuating,  
irritable mood  
Anxiety

Low self esteem  
Low  
self confidence

Brain fog  
Memory +  
concentration  
difficulties

Hot flushes  
Dizziness  
Night sweats  
Palpitations

Sleep difficulties  
Causing tiredness  
+ irritability

Thinning or loss  
of head hair

Increased  
facial hair

Reduced libido  
(interest in sex)

Vaginal dryness  
+ discomfort  
Including during  
sex

Weight gain

Headaches,  
migraines,  
tinnitus

Fluid retention  
causing stomach  
bloating, ankle  
swelling

Urinary infections  
e.g. cystitis  
Urinary  
incontinence

Weaker bones  
More prone to  
breaks

Aches, pains,  
cramps  
Muscle + joint  
stiffness