



What are the symptoms

Below we have listed many common symptoms, but this list is by no means exclusive.

FOR MORE INFORMATION VISIT
THEMENOPAUSEDIRECTORY.COM

Menopausal symptoms, which affect about 70% of women, are due to the changing hormone levels, commonly known as Oestrogen & Progesterone, but many other factors such as diet and lifestyle, exercise and other medications can also influence symptoms.

Pre-menopause: the time in your life before any menopausal symptoms occur.

Perimenopause: when you experience menopausal symptoms due to hormone changes, but still have your period.

Menopause: the point in time when you haven't had a period for 12 consecutive months.

Postmenopause: the rest of the time in your life after your menopause.



HOT FLUSHES

Sudden heat surges caused by low oestrogen, causing your skin to go very red

NIGHT SWEATS

The body fluctuate from hot to cold and can sweat uncontrollably

INSOMNIA

Your sleep pattern is disrupted and sleeping at night is difficult even when you are tired

BRAIN FOG

Unusual problems with memory and concentration

CRUSHING FATIGUE

A sudden, inexplicable tiredness that comes in waves without notice

VAGINAL DRYNESS

Pain, itching or discomfort in and around the vagina.

ANXIETY

Low mood and feelings of depression

LOSS OF CONFIDENCE

You find it hard to cope with simple tasks and feel overwhelmed

PALPITATIONS

Heartbeats that suddenly become more noticeable



HAIR LOSS

Hair can also become thin and sheds very easily

HEADACHES

Bad headaches or migraines on a frequent basis

IRRITABILITY

A feeling of annoyance at the slightest thing

URINARY INFECTIONS

Recurrent urinary tract infections

MOOD SWINGS

One minute your happy the next your sad

LOW LIBIDO

Reduced sex drive

IRREGULAR HEAVY PERIODS

Excessive blood loss during your periods, which can also be painful

WEIGHT GAIN

Sudden weight gain, and change in body shape

ITCHY SKIN

A crawling sensation inside your skin