

Menopause Symptoms



The symptoms that women have during perimenopause and menopause vary greatly. Some of this may be genetic. If your mother had severe hot flashes, you may as well. In addition, symptoms such as hot flashes and vaginal dryness may become more pronounced as you move from late perimenopause into menopause and beyond.

Physical

- Insomnia
- Hot flashes
- Night sweats
- Lack of energy
- Dizzy spells
- Muscle and joint pains
- Breast tenderness
- Headaches
- Heart Palpitations
- Breathing difficulties
- Dry mouth
- Sore gums
- Dry eyes
- Bladder frequency
- Bladder control
- Vaginal dryness, soreness
- More thrush, cystitis episodes
- Dry or itchy skin
- Thinning hair
- Weight gain

Psychological

- Mood swings
- Difficulty concentrating
- Memory problems
- Brain fog
- Low mood
- Anxiety
- Feeling tense or nervous
- Attacks of anxiety or panic
- Loss of interest in most things
- Depression
- Crying spells
- Irritability
- Loss of confidence
- Reduced self-esteem
- Loss of interest in sex
- Reduced level of arousal

Post Menopause

Women in postmenopause stage will have all the above symptoms reduced or completely stopped but they are at increased risk for osteoporosis and heart disease. Healthy lifestyle changes may reduce the risk of these conditions