

Menopause Symptoms

Menopause is a natural part of women's lives, but it's not always an easy transition. Three-quarters of women experience symptoms, whilst 1 in 4 will experience severe debilitating symptoms. Symptoms can vary in frequency and intensity and can be both physical and psychological. The most commonly experienced symptoms are:

Joint stiffness, aches and pains	Hot flushes	Night sweats	Low mood
Poor memory	Fatigue	Depression	Anxiety and panic attacks
Trouble concentrating	Change in sex drive	Urinary problems	Headaches
Irregular, heavy and/or painful periods	Sleep problems	Hair thinning or loss	Dry skin, mouth and eyes
Chills	Vaginal dryness	Weight gain	Heart palpitations
Taking longer to recover from illness	Exacerbation of existing conditions	Digestive problems	Dizzy spells

Remember: Everyone will experience menopause differently. Try not to make assumptions and ensure that you understand each individual's needs.