

Symptoms of Menopause

Physical

headache/migraine	joint pains	muscle spasm	bloating
fatigue	fluid retention	weight gain	acne/cold sores
mouth ulcers	heart palpitations	breast swelling	breast tenderness
irregular periods	wrinkling	vaginal dryness	reduced muscle tone
constipation	breast sag	underactive thyroid	overactive thyroid
rise in cholesterol	hot flushes	fragmented sleep	skin dryness
eye dryness	night sweats	reduced sexual lubrication	urinary tract infection
reduced stamina	osteoporosis	risk of heart disease	dizziness/weakness
stuttering	vertigo	numbness	crawling skin
pins and needles	tinnitus	gout	stress incontinence
incontinence			

Emotional/Behavioural

anxiety	depression	tearfulness	anger
hostility	aggression	mood fluctuations	irritability
forgetfulness	poor concentration	insomnia	food cravings
sexual desire up or down	poor coping skills	panic attacks	suicidal
feeling overwhelmed / out of control	lethargy	short term memory loss	irritability
euphoria	claustrophobia	bi-polar syndrome (manic depressive)	

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