

Expected Changes during Perimenopause/menopause

- Hot flushes/flushes (can be used interchangeably)
- More tired than usual
- Irritable
- Night Sweats
- Heart Palpitations
- An increase in headaches/migraines
- Joint pain
- Muscle aches
- Weight gain
- Change in body shape
- Change in skin condition (drier/itchy etc.)
- Decreased libido
- Discomfort/pain/itching during sex
- Vaginal dryness
- Changes in period (length/flow volume)
- Breast tenderness
- Exhaustion
- Bloating
- Changes in digestion
- Trouble sleeping
- Bladder Incontinence
- Hair loss/thinning hair
- Trouble sleeping
- Memory loss
- Brittle nails
- Brain fog
- Osteoporosis
- Increased growth of facial hair