

Perimenopause/menopause symptoms worth reporting to a doctor should they apply to you

1. More tired than usual
2. Irritable
3. Hot flashes and night sweats
4. Heart Palpitations
5. An increase in headaches/migraines
6. Joint pain
7. Muscle aches
8. Weight gain
9. Change in body shape
10. Change in skin condition (drier/itchy etc.)
11. Decreased libido
12. Discomfort/pain/itching during sex
13. Vaginal dryness
14. Changes in period (length/flow volume)
15. Breast tenderness
16. Exhaustion
17. Bloating
18. Changes in digestion
19. Trouble sleeping
20. Urinary Incontinence (can range from leaking urine by accident to having a newly overactive bladder)
21. Hair loss/thinning hair
22. Trouble sleeping
23. Memory loss/forgetfulness/difficulty concentrating
24. Brittle nails
25. Brain fog
26. Increased growth of facial hair

There could be other changes you noticed that you think your doctor should know about.