

Symptoms list

Women have oestrogen receptors on every cell in their bodies. This means that without oestrogen, there are many different symptoms that can occur. Some women experience very few symptoms whereas others experience many. In addition, symptoms can vary with time so some women may find that their hot flushes and sweats improve and then develop other symptoms such as low mood, anxiety and fatigue.

Symptoms usually last for many years, sometimes even decades. These have shown that even women who have just minor symptoms such as a few hot flushes, still have an increased risk of diseases such as heart disease and osteoporosis. If you are experiencing symptoms in any way then you should discuss treatment options with a healthcare professional.

This list certainly is not exhaustive; it lists some of the most common symptoms that occur both during the perimenopause and menopause.

Physical

- Heart Palpitations
- Difficulty in sleeping
- Feeling tired or lacking in energy
- Feeling dizzy or faint
- Headaches
- Tinnitus
- Dry mouth and eyes
- Sore gums
- Muscle and joint pains
- Breathing difficulties
- Needing a wee more often, or having leaks of urine
- Vaginal dryness, soreness
- More thrush, cystitis episodes
- Dry or itchy skin
- Thinning hair
- Poor sleep

Psychological

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

Vasomotor

(it's a heat regulation thing)

- Hot flushes
- Sweating at night