

Menopause symptom list



Heat

hot flushes, cold flushes, night sweats



Mood

anxiety, low mood, PMS symptoms, irritability, anger, emotional



Brain

brain fog, poor concentration, slow processing, losing words, headaches, increase in migraines



Periods

change in frequency, heavier periods, lighter periods, prolonged periods



Sleep

insomnia



Vagina

dryness, change in discharge, itch, thrush, bacterial vaginosis



Bladder

urine infections, incontinence, going more frequently, urgency, nocturia (getting up at night)



Sex

change in libido, difficulty with arousal, difficulty with orgasm



Heart

palpitations



Bowels

constipation, diarrhoea, incontinence, acid reflux

Menopause symptom list



Metabolic

weight gain, change in metabolism, change in fat distribution



Joints

pain, stiffness, muscle loss, prone to injury, restless legs



Eyes

dry eyes, watery eyes



Ears

tinnitus



Skin

itch, dry skin, flare in acne or rosacea, thin skin, hair thinning/loss



Immune

new allergies, histamine sensitivity

There is a huge crossover of these symptoms and other serious medical problems. Sometimes you may need investigations to exclude other causes for your symptoms.

Explore your symptoms further
with our menopause specialist

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