

# Common Symptoms of Perimenopause and Menopause

## Perimenopause Symptoms

- Loss of Libido
- Inability to think clearly
- Unexpected Weight Gain
- Hot flashes, hot flushes, night sweats and/or cold flashes, clammy feeling
- Irregular heart beat
- Irritable or Moody, sudden tears
- Trouble sleeping through the night (with or without night sweats)
- Irregular periods; shorter, lighter periods; heavier periods, flooding; phantom periods, shorter cycles, longer cycles
- Food Cravings
- Crashing fatigue
- Anxiety, feeling ill at ease
- Feelings of dread, apprehension, doom
- Difficulty concentrating, disorientation, mental confusion
- Disturbing memory lapses
- Aching, sore joints, muscles and tendons
- Increased tension in muscles
- Breast tenderness
- Sudden bouts of bloating
- Depression
- Exacerbation of existing conditions
- Increase in allergies

# Menopause Symptoms

- Loss of Libido
- Depression
- Irritable or Moody
- Trouble sleeping through the night
- Joint Inflammation
- Hair Growth or Hair Loss
- Anxiousness
- Acne
- PMS, Hot Flashes, or Sweating During Sleep
- Heart Flutter
- Breast Tenderness
- Incontinence
- Skin or Vaginal Dryness
- Unpredictable Periods