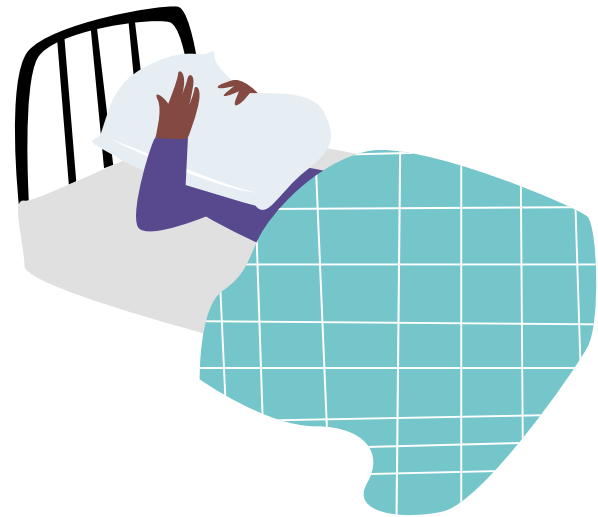


# Menopause symptoms

Everyone's experience of the menopause is different.

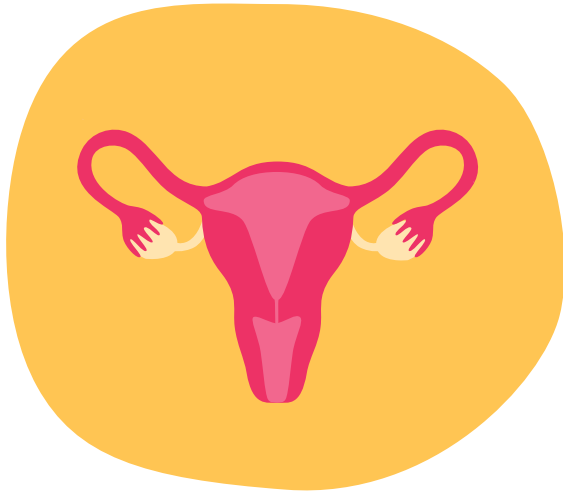
**Most commonly reported symptoms according to the NHS:**

- **Changes to your period** – The first sign of the perimenopause is usually, but not always, a change in the normal pattern of your periods, for example they become irregular. Eventually you'll stop having periods altogether.
- **Changes to your mood** – Low mood, anxiety, mood swings and low self-esteem.
- **Problems with memory or concentration** (brain fog).
- **Hot flushes** – When you have sudden feelings of hot or cold in your face, neck and chest which can make you dizzy.



- **Difficulty sleeping** – Which may be a result of night sweats and make you feel tired and irritable during the day.
- **Palpitations** – When your heartbeat suddenly becomes more noticeable.
- **Headaches and migraines** that are worse than usual.
- **Muscle aches and joint pains.**
- **Changed body shape and weight gain.**
- **Skin changes** – including dry and itchy skin.





- **Reduced sex drive.**
- **Vaginal dryness and pain, itching or discomfort during sex.**
- **Recurrent urinary tract infections (UTIs).**
- **Sensitive teeth, painful gums or other mouth problems.**

## Menopause symptoms explained

**3 in 4**

Women experience symptoms.



**1 in 4**

Experience serious symptoms.



**Perimenopause and menopause symptoms can last for years and can change over time.**

**Getting advice early can help reduce the impact on your wellbeing and working life**



**Keep track of your symptoms**

A symptom tracker or checklist can help you understand what is going on and can help your employer or GP understand how to support you.

There are many apps and checklists available online.

Access a free symptom tracking list [here](#).

