

Symptoms of Peri/Menopause

Below is a list of the recognised symptoms of menopause. Some medical professionals believe there are many more so it's worth considering that as your body changes, any discomfort, psychological or physical issue could be influenced by the hormonal changes in your body.

Hormonal changes start for most women around the age of 35 and symptoms are commonly noticed around the early to mid-'40s. This is not, however, the case for all women. If you are younger and are experiencing similar symptoms, hormone deficiency is less likely but still possible.

At Zest-LiveStrong we want every woman to feel great in midlife and if you are feeling less than your best we encourage you to look for solutions. There is a lot you can do to feel great with exercise nutrition and lifestyle and we can help with all of that but for many women, those alterations are not enough to keep feeling fabulous.

The next step is your GP. We suggest you ask the receptionist if any of the GPs at the practice has a special interest in menopause and make an appointment to see them. Do some research before you go. Read the flyer in the resources section of the website www.zestlivesstrong.com about the different types of HRT (hormone Replacement Therapy) and other options. This means when you go to visit the doctor you have some idea of what is available and what you might want. Take a note of your symptoms by using the check list below and take it with you to your appointment.

RECOGNISED SYMPTOMS

- Burning mouth
- Fatigue
- Bloating
- Joint pain
- Hot flashes/Chills
- Night sweats
- Irregular periods
- Breast soreness
- Headaches
- Electric shock sensations
- Muscle tension and aches
- Other digestive changes
- Changes in taste/Dry Mouth
- Mood changes/Feelings of Fury & Anger
- Decreased libido
- Vaginal dryness
- Tingling extremities

RECOGNISED SYMPTOMS

- Itchiness
- Memory lapses
- Thinning hair
- Brittle nails
- Weight gain
- Dizzy spells
- Allergies
- Osteoporosis
- Body odour
- Panic disorder
- Irregular heartbeat
- Sleep disturbance
- Difficulty concentrating
- Stress incontinence/Leaking bladder
- Irritability
- Depression
- Anxiety