

Menopause

The Symptoms.



There are over 35 menopause symptoms 🤔 But the cool thing about having so many? We can categorise them into several groups. OCD folks, stay with me because menopause is about to get *organised*. Here's the categories:

1. **Vasomotor:** Your body's internal thermostat – the hot flush machinery.
2. **Psychological:** All the brain and emotional stuff.
3. **Locomotor:** (anyone else picturing Kylie?) It's your body as you're most familiar with – muscle (or lack thereof) and bones.
4. **Dermatological:** Dry, sagging skin anyone?
5. **Urogenital:** (the one I'm personally most familiar with – hello vagina).
6. **Physiological:** All the other stuff.



If you are over 45 and are experiencing any 3 of the following symptoms – congratulations! You're on the bus to menopause.

	SYMPTOM	DESCRIPTION
Vasomotor	Hot Flush (or, flash)	A surprise heatwave for your body. Sudden, intense, and totally inconvenient
	Night Sweats	It's a bedtime hot flash, with a splash
	Heart Palpitations	Rapid or racing heartbeat. Often with a side of night sweats or hot flushes, because three's company
Psychological	Mood Swings	Fluctuations in mood, usually the bad ones – sadness, irritability and my favourite, irrational rage
	Irritability	Everything and everyone gets on your nerves
	Anxiety	The world is going to end
	Depression	You want the world to end
	Poor Concentration	What was I doing again?
	Poor Memory	I forgot
	Brain Fog	All of the above
	Loss of Confidence	I don't think I can
	Loss of Self-esteem	I don't think anyone thinks I can
Locomotor	Difficulty Sleeping	One...Two...Three thousand and ninety-nine sheep
	Muscle Aches	Hurts when I move
	Joint Pain	Reeeallly hurts when I move

	SYMPTOM	DESCRIPTION
Dermatological	Acne	Seriously, again?
	Skin Changes	Everything is dry, not just my vagina
	Sagging Skin	Hello bat wings and jowls
	Thinning Hair	Wtf?
Urogenital	Thrush	The bane of my existence
	UTI's	Did my bladder just catch fire?
	Vaginal Dryness, Itchiness, Burning	The trifecta nobody asked for
	Painful Intercourse	Brings a whole new meaning to 'hot and bothered'
	Incontinence	Start your kegels, ASAP
	Changes to Urinary Function	Can I make it to the bathroom on time?
Physiological	Irregular Periods	Longer cycles, shorter cycles, exiting a crime scene
	Decreased Libido	Feeling dead from the waist down
	Weight Gain	Do I look fat in this?
	Belly Fat	Do I look pregnant?
	Dry Eyes	Yep, <i>everything</i> is drying up
	Headaches/Migraines	Ouch! My head hurts
	Breast Soreness/Pain/Swelling	Double ouch!
	Indigestion	Gaviscon, anyone?
	Oral Health Issues	Burning mouth is a thing?
	Tinnitus	A buzzing or ringing in your ears
	Restless Leg	Thanks for the extra cardio, I guess?
	Tiredness Fatigue	I'm just resting my eyes. Permanently
	Dizziness/Faintness	It's a headrush on steroids

Ready to tackle menopause like a pro? Let's break it down with my **Menopause Basics** and **Menopause Facts**. And for those ready to take charge, snag my **3-Step Plan For Navigating Menopause**. Grab your copies now!

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