



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 40's. 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 GP's at the practice have 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 web site www.zestlivestrong.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

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



RECOGNISED SYMPTOMS

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