

Esteem

- no pause

Ask anyone who is pre-menopausal what to expect during the menopause and they will say hot flushes, night sweats, irregular periods and moods. These however are the tip of the iceberg of the 34 symptoms of the menopause. Yes, 34 symptoms, noted below:

34 SYMPTOMS OF THE MENOPAUSE	
COMMON SYMPTOMS	
Hot Flushes	Loss of libido
Night Sweats	Vaginal Dryness
Irregular Periods	Mood Swings
CHANGES	
Fatigue	Allergies
Hair Loss	Brittle Nails
Sleep Disorders	Changes in Body Odour
Difficulty Concentrating	Irregular Heartbeat
Memory Lapses	Depression
Dizziness	Anxiety
Weight Gain	Irritability
Incontinence	Panic Disorder
Bloating	
PAINS	
Breast Pain	Digestive Problems
Headaches	Gum Problems
Joint Pain	Muscle Tension
Burning Tongue	Itchy Skin
Electric Shocks	Tingling Extremities
OTHERS	
Osteoporosis	

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It is only once you are aware of the totality of these symptoms that you can then start to understand that you have embarked upon the menopause and appreciate why it is often called “The Change”. The hormones leaving your body and remaining ones working overtime are indeed changing not only your body but your mindset as well.

One of the main problems for women is that they don't start to fully appreciate or have awareness of these symptoms until they reach an age when the menopause is most likely to occur. As you can see a number of these symptoms are fairly innocuous and can easily be linked to other conditions. A common misdiagnosis for menopausal women is depression. Most women don't start to think about the menopause until they are in their late 40s, by which time they may already be perimenopausal and presenting some of the 34 symptoms noted above.

Remember Ladies – Don't Pause the Talk

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