

Research has identified over 70 symptoms of perimenopause and menopause. While not everyone experiences them all, understanding these can help you manage the changes in your body and mind. Here's a list of commonly reported physical and psychological symptoms.

## Physical Symptoms

Hot flashes	Bloating	Dry eyes
Night sweats	Loss of bone density (osteopenia/osteoporosis)	Gum problems (bleeding or sensitive gums)
Irregular periods	Urinary incontinence	Increased sensitivity to smells, foods, or medications
Heavy periods	Increased urination	Changes in taste
Light periods	Water retention	Cold flashes
Vaginal dryness	Decreased libido	Swollen or tender breasts
Breast tenderness	Fatigue	Changes in cholesterol levels
Headaches	Insomnia	High blood pressure
Heart palpitations	Changes in body odour	Increased risk of heart disease
Muscle aches	Dizziness	Skin thinning
Joint pain	Tingling or numbness in extremities	Brittle nails
Dry skin	Allergies	Urinary tract infections
Itchy skin	Electric shock sensations	Vaginal infections
Thinning hair	Digestive problems (constipation, bloating)	Decreased physical stamina
Hair loss		
Weight gain (especially around the abdomen)		

## Psychological Symptoms

Mood swings	Decreased motivation	Anger or rage episodes
Anxiety	Increased emotional sensitivity	Feeling worthless
Depression	Social withdrawal	Paranoia
Irritability	Panic attacks	Difficulty finding the right words
Memory lapses	Stress intolerance	Increased mental fatigue
Difficulty concentrating	Crying spells	Reduced tolerance to noise or crowds
Brain fog	Loss of interest in activities previously enjoyed	Inability to focus on tasks
Difficulty making decisions	Changes in perception or reality (feeling disconnected)	Nightmares
Feeling overwhelmed	Increased sensitivity to criticism	Increased feelings of loneliness
Loss of confidence	Restlessness	Feelings of guilt
Low self-esteem	Feeling of dread	Sudden irrational fears or phobias