CONVERSATION WITH YOUR DOCTOR

For most women, menopause is a normal uncomfortable signs or symptoms of menopause due to changes in hormones and no longer release an egg every month.6

Here are some common symptoms of menopause. They may also be symptoms of other health conditions. If this happens to you, talk to your healthcare provider about your options.

WHAT HAPPENS?

- Feeling more anxious, irritable, nervous, or crying for no reason.1
- Feeling warm in your face, neck or chest lasting for a few minutes.3,6
- Sweating at night, often when trying to sleep.3,6
- Feeling less interested in sex than you once were.6
- Urinating a little when you cough or laugh.6
- Feeling that your heart is beating stronger or faster than normal.7
- Stronger or faster heartbeat regulated and increase heart rate.7
- How the body's temperature is controlled: modifications in thermoregulation may present problems, such as night sweats or headaches.1,2
- Changes in the skin and hair: dryness and thinning of the skin, hair loss, and thinner and more fragile nails.1
- Changes in your period: longer or shorter menstrual cycles and irregular bleeding.2,3
- Changes in your sex life, including changes in the vagina and vulva, dryness, itching, pain.1
- Changes in your bones: bone loss, osteoporosis, and fractures.1
- Changes in your brain: concentration, feeling in a 'fog'.6
- Changes in muscle tone and strength.
- Changes in your mood, psychological effects: mood swings, irritability, depression.2
- Changes in your skin: dryness, thinning, wrinkles, age spots, acne.1
- Changes in your sleep: difficulty falling asleep, staying asleep, or waking up too early.3,6
- Changes in sexual desire, a desire for sex.
- Changes in your bladder: leaking urine or urge to go to the bathroom.5
- Changes in your body temperature: night sweats.
- Changes in your vision: dry eyes.
- Changes in your hormones: menstrual cycle changes.