

ROCK MY MEN♀PAUSE

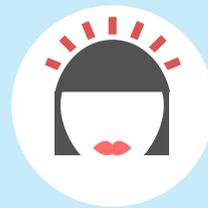
Symptoms of the menopause

Menopause symptoms affect women in different ways – remember – it's YOUR menopause. We're here to support you.

We're all different, and so are the effects the menopause has on our bodies as we morph into the next stage of our physical lives. Because of that - and if the symptoms of the menopause are troubling you - we always recommend you seek the advice of a health care professional so you can get treatment tailor-made to your unique symptoms.

Around a quarter of women will have no symptoms at all, but about 75% of us will experience a range of problems, from acute sleeplessness, to a woolly brain, weight gain, hot flushes, aching joints and more. Sounds daunting, doesn't it?

We've designed Rock My Menopause to help empower and educate you to help yourself - and it starts with learning what is happening to your body – and why.



SYMPTOMS OF THE MENOPAUSE

The most common symptoms you will experience are:

- Hot flushes
- Night sweats
- Irregular periods, including period pain and heavy periods
- Insomnia
- Aching joints
- Weight gain
- Headaches, which can be severe, or classed as migraines
- Fatigue
- Mood swings, including anxiety and panic attacks and an inability to cope with stress
- Sexual problems, such as vaginal dryness and loss of libido
- Memory loss

There are also some less common symptoms, including:

- Digestive problems
- Nausea
- Bloating
- Bladder weakness
- Hair loss and brittle nails
- Osteoporosis.

The list might seem endless, but not all symptoms will necessarily be linked to the menopause. If you're in any doubt, check with your GP.