



Menopause NI

Empowering Women Together

KNOW YOUR SYMPTOMS

It is important to recognise the symptoms of the menopause so you have better understanding of what is happening to you. With understanding comes choice!

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SYMPTOM CHECKER

A QUICK REFERENCE GUIDE

1

Irregular periods

Irregular periods around the typical menopausal age (45 to 55 years) are usually the first clue to menopause. These periods may be heavier than normal.

3

Mood swings

While their bodies adjust to the dip in hormone levels, some women experience mood swings when they suddenly feel irritable or depressed.

5

Night sweats

Night sweats are periods of sweating occurring at night, which affects quality of sleep.

7

Panic attacks

Fluctuating hormones around menopause (perimenopause) and during menopause can cause panic attacks.

2

Hot Flashes

Hot flashes are a sudden feeling of warmth on the upper part of the body normally accompanied by redness. These affect around 75% of menopausal women.

4

Joint pain/muscle ache

As estrogen levels affect the joints, ligaments, tendons, and muscles women may experience joint pains and muscle aches.

6

Anxiety

With the changes in hormone levels, menopausal women may notice increased feelings of anxiety.

8

Depression

Depression is four times more likely to affect menopausal women than menstruating women.

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9 *Sleep Disturbances*

Anxiety, night sweats or mood swings can lead to disturbed sleep.

11 *Dry skin*

On the face and other areas of the body, caused by changes in hormone levels.

13 *Forgetfulness*

Poor sleep and reduced estrogen levels can result in foggy memory.

15 *Hair loss/thinning*

Hormone levels do influence hair growth. With menopause, many women experience hair loss and thinning.

10 *Fatigue*

Fatigue is a common symptom for many postmenopausal women.

12 *Difficulty Concentrating*

Lack of sleep affects health and makes women feel tired. This may cause trouble with focus and reduced concentration.

14 *Headaches*

Women who have experienced headaches during their periods are more likely to experience them during menopause.

16 *Weight gain*

Some women experience weight gain after menopause that is triggered by lower levels of estrogen.

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17 *Dryness of mouth*
A decrease in saliva secretion induced by low estrogen levels can cause dryness of the mouth.

19 *Digestive problems*
Major hormonal changes seen in menopause can lead to stomach upset such as bloating, indigestion, constipation or diarrhoea.

21 *Increase in aches and pains*
Menopause can intensify pain levels in chronic conditions such as migraine.

23 *Osteoporosis*
This is a drop in bone density by more than 20% and it can increase the risk of fractures. It is common in older age and is something we should be aware of.

18 *Dry eyes*
Can be uncomfortable and caused by changes in hormone levels

20 *Breast tenderness/soreness*
Drastic fluctuations in hormone levels can cause breasts to become sore or tender.

22 *Brittle nails*
Changes to nails that make them brittle or flaky.

24 *Tingling sensations in the extremities*
Can feel strange and can be caused by a reduction in hormone levels.

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25 *Electric shock-like sensations*
Feels like shocks through the body.

27 *Frequent allergies*
Poor immune system due to hormonal changes can make women prone to colds and flu.

29 *Changes to body odour*
This may occur due to sweating and hormone changes.

31 *Burning mouth*
This is a hot sensation that affects the tongue, lips, cheeks, and mouth.

26 *Dizzy attacks*
Some women can experience episodes of dizziness.

28 *Facial hair growth*
Increase in hair on the face which can be thick and dark.

30 *Gum problems*
This may result due to a loss of bone mass in and around the teeth.

32 *Irregular heartbeat/racing heart*
Can be caused by a reduction in hormone levels.

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33 *Lack of motivation*

Menopause is a time when we can feel tired, have low mood and a general lack of energy, it can be very difficult to be motivated to do things you normally would.

35 *Urge incontinence*

Urge incontinence, a sudden and frequent urge to urinate, is due to an overactive bladder.

37 *Vaginal dryness*

Lack of estrogen reduces blood supply to the vagina. This results in thinning (atrophy) of the vagina and vaginal dryness.

39 *Painful sex*

Pain and discomfort during sex due to a dry and thin vagina may cause painful penetration.

34 *Stress incontinence*

Stress incontinence is the involuntary passing of a small amount of urine while sneezing or lifting heavy weights due to postmenopausal loss of bladder control.

36 *Nocturia*

Women with postmenopausal bladder control problems may have to get up in the middle of the night due to the urge to urinate.

38 *Painful urination*

Some women feel urethral pain while urinating.

40 *Decreased sexual drive*

Decreased estrogen levels can affect a woman's sexual drive. This is worsened by accompanying disturbances in sleep and mood swings.

MENOPAUSE CHECKLIST

TICK THE SYMPTOMS YOU'RE
EXPERIENCING



- Hot flushes
- Night sweats
- Mood Swings
- Anxiety
- Panic Attacks
- Depression
- Sleep disturbances
- Fatigue
- Difficulty concentrating
- Forgetfulness
- Headaches
- Hair loss / thinning
- Irregular periods
- Weight gain
- Joint pain
- Breast Tenderness
- Dryness of mouth
- Digestive problems
- Osteoporosis
- Aches and pains
- Body odour
- Gum problems
- Burning mouth
- Brittle nails

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TICK THE SYMPTOMS YOU'RE
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- Dry skin
- Dry eyes
- Tingling sensation in the extremities
- Electric shock-like sensations
- Dizzy attacks
- Frequent allergies
- Irregular heartbeat
- Lack of motivation
- Stress Incontinence
- Urge incontinence
- Nocturia
- Painful urination
- Facial hair growth
- Vaginal dryness
- Painful sex
- Decreased sexual drive

Use this section to note the frequency of symptoms, and how disruptive they are to your life. It can be a useful reminder when speaking to your GP.