

35 Symptoms of Menopause and Perimenopause

(List compiled by Judy Bayliss, founder and owner of the meno-pause mailing list. Penn State Geisinger Health System/Hershey Medical Center and Lucy Brown, P.H.D., Albert Einstein College of Medicine)

- 1 Hot flashes, night sweats and/or cold flashes, clammy feeling
- 2 Bouts of rapid heart beat
- 3 Irritability
- 4 Mood swings, sudden tears
- 5 Trouble sleeping through the night
- 6 Irregular periods
- 7 Loss of libido
- 8 Dry vagina
- 9 Crashing fatigue
- 10 Anxiety, feeling ill at ease
- 11 Feelings of dread, apprehension, doom
- 12 Difficulty concentrating, disorientation, mental confusion
- 13 Disturbing memory lapses
- 14 Incontinence, especially upon sneezing, laughing; urge incontinence
- 15 Itchy, crawly skin
- 16 Aching, sore joints, muscles and tendons
- 17 Increased tension in muscles
- 18 Breast tenderness
- 19 Headache change: increase or decrease
- 20 Gastrointestinal distress, indigestion, flatulence, gas pain, nausea
- 21 Sudden bouts of bloat
- 22 Depression
- 23 Exacerbation of existing conditions
- 24 Increase in allergies
- 25 Hair loss or thinning, head, pubic, or whole body, increase in facial hair
- 26 Weight gain
- 27 Dizziness, light-headedness, episodes of loss of balance
- 28 Changes in body odor
- 29 Gum problems, increased bleeding
- 30 Burning tongue, burning roof of mouth, bad taste in mouth, change in breath odor
- 31 Electric shock sensation under skin and in the head
- 32 Osteoporosis
- 33 Changes in fingernails: softer, crack or break easier
- 34 Tinnitus: ringing in the ears, bells, 'whooshing,' buzzing etc.
- 35 Tingling in the extremities