

# Possible Menopause Symptoms

There are reported to be 34 possible symptoms!! Here they are.

DO NOT let this list scare you! Many we'd never heard of before!

It's included here just for completeness and so that if you notice any changes, you know those may be perimenopause/menopause related.

1. Hot Flashes
2. Irregular Periods
3. Fatigue
4. Memory Lapses
5. Night Sweats
6. Loss of Libido
7. Vaginal Dryness
8. Mood Swings
9. Panic Disorder
10. Urinary Tract Infection
11. Bloating
12. Hair Loss or Thinning
13. Sleep Disorders
14. Dizziness
15. Weight Gain
16. Incontinence
17. Headaches
18. Burning Tongue
19. Digestive Problems
20. Muscle Tension
21. Allergies
22. Brittle Nails
23. Body Odor Change
24. Itchy Skin
25. Osteoporosis
26. Tingling Extremities
27. Insomnia
28. Difficulty Concentrating
29. Irregular Heartbeat
30. Anxiety
31. Depression
32. Breast Pain
33. Joint Pain
34. Electric Shock Sensation