

Media stories too tend to focus on the worst-case scenarios and some social media sites present lists of ‘the thirty-five symptoms of the menopause’ (<https://www.project-aware.org/Experience/symptoms.shtml>). An example is shown here:

1. Hot flashes, flushes, night sweats and/or cold flashes, clammy feeling
2. Irregular heartbeat

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3. Irritability
4. Mood swings, sudden tears
5. Trouble sleeping through the night (with or without night sweats)
6. Irregular periods; shorter, lighter periods; heavier periods, flooding; phantom periods, shorter cycles, longer cycles
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. Weight gain
26. Hair loss or thinning, head, pubic, or whole body; increase in facial hair
27. Dizziness, light-headedness, episodes of loss of balance
28. Changes in body odour
29. Electric shock sensation under the skin and in the head
30. Tingling in the extremities
31. Gum problems, increased bleeding
32. Burning tongue, burning roof of mouth, bad taste in mouth, change in breath odour
33. Osteoporosis (after several years)
34. Changes in fingernails: softer, crack or break easier
35. Tinnitus: ringing in ears, bells, 'whooshing', buzzing etc.

How do you feel about menopause after reading this list?

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