

Common Symptoms of early-Menopause:

1. Hot flashes, flushes
2. Night sweats
3. Cold flashes, clammy feeling
4. Bouts of rapid heart beat (Palpitations)
5. Chest pain on exertion
6. Shortness of breath (at rest or upon exertion)
7. Vaginal Dryness
8. Unusual vaginal discharge
9. Changes in the physical look of the labia
10. Loss of pubic hair
11. Bladder Control Problems
12. Recurring Urinary Tract Infections
13. Recurring vaginitis (yeast infection symptoms)
14. Breast tenderness and/or sagging
15. Sore, stiff, achy joints
16. Muscle soreness (muscle cramps, muscle weakness)
17. Backaches
18. Headache (increase or decrease in frequency or pain)
19. Weight Gain (especially around your waist and abdomen)
20. Inability to lose weight
21. Change in appetite (increase in or loss of)
22. Irritability and mood swings
23. Irregular Periods (changes in frequency, duration, skipped periods, phantom periods etc.)
24. Clotting of menstrual blood
25. Loss of libido
26. Insomnia / Disrupted Sleep
27. Unreasonable fatigue / lack of energy
28. Feelings of dread, apprehension, doom
29. Depression
30. Anxiety or Panic attacks
31. Difficulty concentrating, disorientation, mental confusion
32. Increased memory lapses
33. Tingling or itchy skin.
34. Gastrointestinal distress (including indigestion, flatulence, gas pain, nausea, diarrhea or constipation)
35. Exacerbation of existing conditions
36. Increase in allergies
37. Hair loss or thinning (anywhere on the body)
38. Increase in facial hair
39. Dizziness
40. Light-headedness
41. Loss of balance
42. Changes in body odor (anywhere on the body)
43. Electric shock sensation under the skin and in the head
44. "Buzzing" in your head
45. Ringing in ears (Tinnitus)
46. Tingling in the extremities
47. Dry Mouth
48. Oral Symptoms (gum bleeding, bad taste in mouth, change in breath odor, sore tongue, sensitivity to heat or cold, sore throat)
49. Changes in fingernails (softer, crack, split or break easily)
50. Skin Changes (dryness, thinning look, acne, age spots)
51. Dry, itchy, puffy eyes
52. Water retention
53. Bloating (swollen ankles or feet or elsewhere in the body)
54. Osteoporosis (bone loss)
55. Blood sugar imbalance
56. Fibrocystic breasts
57. Uterine fibroids
58. Hypothyroidism
59. Infertility