

# COULD IT BE... MENOPAUSE?



ANXIETY/  
LOW MOOD

HOT FLUSHES/  
NIGHT SWEATS

MOOD SWINGS/  
IRRITABILITY

VAGINAL/  
URINARY  
SYMPTOMS

PAINFUL  
JOINTS/  
ITCHY SKIN

LOSS OF  
LIBIDO

PALPITATIONS/  
DIFFICULTY SLEEPING

POOR MEMORY/  
POOR  
CONCENTRATION

CHANGES TO  
PERIODS/  
DIGESTIVE ISSUES

DRY EYES/  
DRY MOUTH

FATIGUE/  
RESTLESS LEGS

LOSS OF  
CONFIDENCE/  
LOSS OF JOY