

COULD IT BE... MENOPAUSE?



ANXIETY/
LOW MOOD

POOR MEMORY/
POOR
CONCENTRATION

HOT FLUSHES/
NIGHT SWEATS

CHANGES TO
PERIODS/
DIGESTIVE ISSUES

MOOD SWINGS/
IRRITABILITY

VAGINAL/
URINARY
SYMPTOMS

DRY EYES/
DRY MOUTH

PAINFUL
JOINTS/
ITCHY SKIN

FATIGUE/
RESTLESS LEGS

LOSS OF
LIBIDO

LOSS OF
CONFIDENCE/
LOSS OF JOY

PALPITATIONS/
DIFFICULTY SLEEPING

WWW.MENOPAUSESUPPORT.CO.UK
[#makemenopausematter](https://www.instagram.com/makemenopausematter)