



Menopause & Wellness

The 34 Symptoms of Menopause

We believe menopause can be likened to a jigsaw puzzle with multiple pieces. Each of the 34 symptoms of menopause can be thought of as a separate jigsaw piece – such as hot flushes, itchy skin, joint pain, mood changes, sleep disturbance and anxiety.

Each woman's menopause jigsaw will be made up of different pieces. Women don't experience the same symptoms, and some women will never experience symptoms such as hot flushes or night sweats.

We support women to pull the pieces of their own menopause jigsaw puzzle together, to identify which of the 34 symptoms each woman is experiencing. We can then create a treatment plan specifically tailored to meet your own needs.

The 34 Symptoms of Perimenopause and Menopause

1. Burning mouth, tongue or lips
2. Joint Pain
3. Brittle Nails
4. Dry Skin
5. Swollen Gums
6. Abdominal bloating and increased burping or flatulence
7. Dizziness
8. Constipation
9. Breast soreness
10. Sleep Issues
11. Osteoporosis – bone loss
12. Headaches
13. Memory Issues – brain fog, reduced concentration and memory
14. Urinary Symptoms – increased frequency, urgency and incontinence
15. Heart palpitations/irregular heartbeat
16. Low Mood
17. Hair Thinning/Loss
18. Increased Body Odour – under arms or vaginally
19. Anxiety
20. Reduced sex drive





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21. Vaginal Dryness
22. Weight Gain
23. Period Changes/Bleeding Changes (In Perimenopause Only)
24. Fatigue
25. Electric Shock Sensations
26. Tingling/Pins and Needles - in fingers/hands or feet
27. Increased Allergies – development of new allergies or worsening of existing allergies
28. Irritability
29. Poor Concentration
30. Muscle tenderness or pain
31. Intense Mood Swings
32. Panic Attacks
33. Night Sweats
34. Hot Flashes

Understanding your Unique Experience

In perimenopause symptoms often come and go due to fluctuating hormone levels. By the time a woman experiences menopause she can often be experiencing ongoing troublesome symptoms. Use our checklist to see how many symptoms you may be experiencing.

Symptoms don't tend to be experienced in isolation and it's common during both perimenopause and menopause to experience multiple symptoms. Thinking about the impact of all your symptoms upon your feeling of wellbeing can be a helpful step in considering your need for treatment.

Perimenopausal and Menopausal symptoms tend to worsen over time. Getting help and treatment early supports women to keep well. Women don't need to wait until they experience menopause to be supported with hormonal or non-hormonal treatment. A wide range of treatments are available to support women during perimenopause and menopause.

Further information and appointment bookings are available at www.menopause.org.nz

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