Perimenopausal symptoms

* hot flushes
* night sweats
* disturbed sleep
* extreme tiredness (fatigue)
* joint pains especially hips and knees
* palpitations
* itchy skin (formication)
* migraines
* bladder problems :
  + - * needing to wee more often (frequency)
      * needing to get to toilet in a hurry (urgency)
      * not making it to the toilet in time (urge incontinence)
* sexual problems:
  + - * reduced libido
      * dry sore vagina
      * difficulty reaching orgasm
* body changes:
  + - * putting on weight around the tummy
      * hairy chin
      * thinning of hair on head
* emotional changes:
  + - * feeling less feminine
      * poor body image
      * feeling that you have lost who you were
      * mood swings for no apparent reason
      * irritable
      * low mood or feeling down
* brain changes:
  + - * poor concentration
      * poor memory