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