

## **Menopause symptoms**

Menopause can influence many different systems in the body. Symptoms can show up in physical, emotional, mental, and intimate ways. Every person's experience is unique, and symptoms may come and go, feel mild or strong, or change over time. Sometimes the changes are obvious. Sometimes they are subtle but constant.

*What you might notice:*

### **Menstrual and cycle changes**

Changes in periods are often one of the first signs of perimenopause. You may notice cycles becoming:

- shorter or longer
- heavier or lighter
- irregular or unpredictable
- occasional skipped periods

### **Vasomotor symptoms**

These are some of the most recognised signs of menopause:

- Hot flushes
- Night sweats

### **Brain and mood**

Changes in hormones can affect how you feel, think, and cope day to day:

- Anxiety or worry
- Irritability or reduced patience
- Brain fog or difficulty concentrating
- Low confidence or self-doubt

### **Musculoskeletal**

Menopause can affect joints, muscles, and physical strength:

- Joint pain or stiffness
- Frozen shoulder
- Loss of muscle mass or strength



### **Heart and metabolism**

As hormones shift, your body's metabolic health may also change:

- Changes in cholesterol
- Higher risk of cardiovascular disease
- Changes in blood pressure or energy levels

### **Genitourinary**

These symptoms affect the bladder, vagina, pelvic floor, and sexual comfort.

- Vaginal dryness or discomfort
- Pain during sex
- Recurrent UTIs or bladder urgency

### *A culturally sensitive lens:*

Menopause is not experienced in the same way by every community. Culture, ethnicity, social roles, stigma, and access to healthcare all influence how symptoms show up, are spoken about, and are treated.

### *What may help:*

Some people find it helpful to track symptoms using tools such as the [Greene Climacteric Scale](#), which gives a clearer picture of how symptoms change over time. This can support conversations with healthcare professionals.

Additionally, look at what is happening in day-to-day life, sleep, stress, routine, comfort, and support. Small changes can help, but not every symptom is solved by water, walking, or willpower. Kindness to yourself is part of care, and it often hard and difficult to do.

### *When to seek support:*

Seek support if symptoms are persistent, worsening, or beginning to shape your confidence, focus, or wellbeing.



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

