

65 Symptoms of Menopause

Based on real experiences and real science.

Compiled by Uncooked Truths - because you're not crazy, you're menopausal.

Vasomotor & Temperature

- Hot flashes
- Night sweats
- Cold chills
- Sudden flushing
- Heat intolerance

Sleep & Energy

- Insomnia
- Fatigue
- Restless legs
- Waking at 3 a.m.
- Snoring or sleep apnea

Emotional & Cognitive

- Mood swings
- Irritability
- Anxiety
- Depression
- Brain fog
- Memory lapses

Cardiovascular & Circulatory

- Heart palpitations
- Increased blood pressure
- Chest tightness
- Dizziness
- Vertigo

Skin, Hair, & Nails

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- Dry skin
- Itchy skin
- Itchy ears
- Hair thinning or loss
- Brittle nails
- Loss of collagen

Metabolic & Weight

- Weight gain (especially belly fat)
- Insulin resistance
- High cholesterol
- Triglycerides rising

Muscular & Skeletal

- Joint pain
- Muscle aches
- Back pain
- Stiffness
- Weakened grip strength

Urogenital & Sexual

- Vaginal dryness
- Pain during sex
- Low libido
- Urinary urgency
- Frequent UTIs
- Bladder leakage

Digestive & Miscellaneous

- Bloating

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- New food sensitivities
- Burning mouth
- Dry mouth
- Tingling in hands/feet
- Electric shock sensations
- Increased body odor
- Formication (crawling skin)

Hormonal & Reproductive

- Irregular periods
- Ovarian cysts
- Thyroid dysfunction
- Breast tenderness
- Skipped periods