

# SYMPTOMS OF *Menopause*

## HOT FLASHES? NIGHT SWEATS? MOODINESS? OH MY!

These are just some of the symptoms that could mean the start of menopause.

But, what's the difference between normal symptoms and those you should consult your OB/GYN for?

### NORMAL SYMPTOMS OF MENOPAUSE AND WHEN TO CONSULT YOUR OB/GYN:

#### NORMAL

- Changes in libido .....
- Irregular periods
- Vaginal dryness
- Hot flashes and night sweats .....
- Trouble sleeping
- Mood swings
- Headaches .....
- Problems concentrating



#### WHEN TO SEE YOUR OB/GYN:

- Heavy or prolonged menstrual periods .....
- Fatigue or loss of appetite
- Symptoms that interfere with sleep or daily life .....
- Depression
- Vaginal pain
- Painful urination
- Persistent bloating, pelvic, abdominal or back pain .....



CONTENT PROVIDED BY:

**50** Women's  
YEARS Health Specialists®  
YOUR FOX VALLEY OB/GYN PHYSICIANS