

# Symptoms of PMS, Perimenopause & Menopause

## 1 PMS Symptoms cyclical; more common in early perimenopause

## 2 PMS & Menopause Symptoms

## 3 Menopause Symptoms more common in late perimenopause

Breast pain and/or swelling	Insomina/Sleep disturbances	Irregular menses
Abdominal bloating	Depressed mood/ Mood swings	Hot flashes or flushes/ Night sweats
Back pain	Weight gain	Vaginal dryness/ Pain during intercourse
Carbohydrate cravings	Forgetfulness/Poor memory	Low libido
Anxiety/Restlessness/Tension	Angry outbursts/Irritability	Urine leakage
Muscle aches	Difficulty concentrating	Urinary urgency
Crying and tearfulness	Headaches	Hair loss on head/ Growth on face
Acne	Fatigue and/or daytime sleepiness	