

Common Physical & Emotional Changes



Perimenopause	Symptom	Menopause/ Postmenopause
Common – cycles shorten, lengthen, skip	Irregular periods	Periods stop
Common	Hot flashes/night sweats	Often peak and then usually lessen
Common	Mood swings/anxiety/irritability, even depression	Possible – often milder and usually improves
Common	Sleep problems/insomnia	Common – may continue if untreated
May begin	Vaginal dryness/discomfort during sex/decreased libido	Common – may persist without treatment
Possible	Brain fog, affecting attention, short-term memory	Common – often temporary, may improve over time
Increasing risk	Weight gain/lower metabolism	Common – may persist
Begins	Joint/muscle aches and pains	Common – may persist
Begins	Bone loss/osteoporosis risk	Accelerates/long-term risk
Begins to rise	Heart disease risk	Increases/continues – cholesterol impact
Possible	Hair thinning/skin dryness	Often continues