

MENOPAUSE ♀

EVERY WOMAN GOES THROUGH THE MENOPAUSE
IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

DO YOU HAVE ANY OF THESE SYMPTOMS?

HOT FLUSHES



HEADACHES



MOOD SWINGS



PALPITATIONS



TIREDDNESS



PAINS IN JOINTS



YOU MAY ALSO EXPERIENCE:

Brain Fog • Night Sweats • Depression • Anxiety • Vaginal Dryness
Low Libido • Insomnia • Feelings of not coping • Changes to Periods

If you struggle with any of the above you may be menopausal. Please be reassured your symptoms can be managed. Do discuss options with your doctor.

#KnowYourMenopause @Pausitivity2 www.pausitivity.co.uk



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#KNOWYOURMENOPAUSE