

# Signs & Symptoms of Menopause

As you approach midlife, you may notice several changes. Some may be related to aging, but others may be related to menopause. Here's what to look out for:

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## IRREGULAR PERIODS

Your menstrual cycle may become unpredictable, with periods that are shorter, longer, heavier, or lighter than usual.

## INCONTINENCE OR INCREASED BLADDER INFECTIONS

You may experience a sudden urge to urinate or leakage during activities like laughing or exercising.



## HOT FLASHES

These are feelings of intense heat, often accompanied by sweating and redness, lasting from a few seconds to several minutes.

## NIGHT SWEATS

Hot flashes can occur during sleep, leading to heavy sweating and disruption of rest.

## MOOD SWINGS

Fluctuating hormones can result in mood swings, irritability, and even depression.

## VAGINAL DRYNESS

Reduced estrogen levels can cause the vaginal tissues to become drier and thinner.

*If you're experiencing any of these symptoms, consult us for guidance and support.*