

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



TIREDNESS



PAINS IN JOINTS



YOU MAY ALSO EXPERIENCE:

Sweats, Have difficulty sleeping, Depression, Anxiety, Loss of sex drive (libido), Feelings of not coping as well as you used to and changes to your periods.

If you suffer any of these you might be menopausal. Your symptoms can be managed. Discuss them with your doctor

#KnowYourMenopause @Pausitivity2 www.pausitivity.co.uk



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#KNOWYOURMENOPAUSE