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
- Changes to your periods

If you suffer any of these you might be menopausal. Be aware of the symptoms and discuss them with your doctor.

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