



Symptoms of Premenstrual Syndrome (PMS), Perimenopause and Menopause



Premenstrual Syndrome (PMS)

- **Marks the start of the monthly menstrual cycle**
- Emotional and behavioral signs and symptoms
- Tension or anxiety
- Depressed mood
- Crying spells
- Mood swings and irritability or anger
- Appetite changes and food cravings
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration
- Change in libido
- Physical signs and symptoms
- Joint or muscle pain
- Headache
- Fatigue
- Weight gain related to fluid retention
- Abdominal bloating
- Breast tenderness
- Acne flare-ups
- Constipation or diarrhea
- Alcohol intolerance
- Food Cravings

Perimenopause

- **Hormonal rhythm is disrupted**
- **Women start perimenopause at different ages**
- Irregular period*
- Mood swings*
- Short-term memory loss*
- Difficulty thinking*
- Heart beating quickly or strongly*
- Feeling tense or nervous*
- Difficulty in sleeping*
- Memory problems*
- Attacks of anxiety, panic*
- Difficulty in concentrating*
- Feeling tired or lacking in energy*
- Loss of interest in most things*
- Feeling unhappy or depressed*
- Crying spells*
- Irritability*
- Feeling dizzy or faint*
- Pressure or tightness in the head*
- Tinnitus (ringing or buzzing in the ear)*
- Headaches*
- Muscle and joint pains*
- Pins and needles in any part of the body*
- Breathing difficulties*
- Hot flushes*

- Sweating at night*
- Loss of interest in sex*
- Urinary symptoms*
- Symptoms due to vaginal dryness*
- Menstrual irregularity changes as early as mid-30s
- Level of estrogen — the main female hormone — in your body rises and falls unevenly during perimenopause.
- Menstrual cycles may lengthen or shorten, and you may begin having menstrual cycles in which your ovaries don't release an egg (ovulate).

Menopause

- **Marks the end of your menstrual cycle**
- **12 months without a menstrual period**
- All asterisk symptoms of perimenopause
- Vaginal dryness
- Hot flashes
- Chills
- Sleep problems
- Mood changes
- Weight gain and slowed metabolism
- Thinning hair and dry skin
- Loss of breast fullness