



Possible Peri and Menopause symptoms that you may be noticing:

1. [Hot flashes](#), flushes, night sweats and/or cold flashes, clammy feeling (heart racing included)
2. Bouts of [rapid heart beat](#)
3. [Irritability](#), [Mood swings](#)
4. [Sudden tears](#)
5. Trouble [sleeping](#) through the night (with or without night sweats)
6. [Irregular periods; shorter, lighter periods; heavier periods](#), flooding; phantom periods, shorter cycles, longer cycles
7. Loss of [libido](#)
8. [Dry vagina](#)
9. [Crashing fatigue](#)
10. [Anxiety](#), feeling ill at ease
11. Feelings of [dread, apprehension, doom](#)
12. [Difficulty concentrating](#), disorientation, mental confusion
13. Disturbing [memory lapses](#)
14. [Incontinence](#), especially upon sneezing, laughing; urge incontinence
15. [Itchy](#), crawly skin
16. [Aching, sore joints, muscles and tendons](#)
17. Increased tension in [muscles](#)
18. Breast tenderness
19. [Headache change](#): increase or decrease
20. Gastrointestinal distress, [indigestion](#), flatulence, gas pain, nausea
21. Sudden bouts of [bloat](#)
22. [Depression](#)
23. Exacerbation of existing conditions
24. Increase in [allergies](#)
25. [Weight gain](#)
26. [Hair loss or thinning](#), head, pubic, or whole body; [increase in facial hair](#)
27. Dizziness, light-headedness, episodes of loss of balance
28. Changes in [body odor](#)
29. Electric shock sensation under the skin and in the head
30. Tingling in the extremities
31. [Gum problems](#), increased bleeding
32. [Burning tongue, burning roof of mouth](#), bad taste in mouth, change in breath odor
33. [Osteoporosis](#) –
34. Changes in fingernails: softer, crack or [break easier](#)
35. [Tinnitus](#): ringing in ears, bells, 'whooshing' buzzing etc.

These are just a few symptoms that you may have and a small sampling of an area that we have over 15 years of expertise in, please call or schedule an appointment with Health & Wellness Compounding Pharmacy 615.383.3784 or visit us at www.itsmyhormones.com