

Night sweats
 Emotional changes
 Loss of libido
 Hot flushes
 Mood swings
 Hair loss
 Fatigue
 Nausea
 Joint pain
 Muscle tension
 Digestive problems
 Anxiety
 Estrogen
 Brittle nails
 Vaginal dryness
 Cystitis
 Sleep disorder
 Memory lapses
 Irregular periods
 Itchy skin
 Irritable
 Difficulty concentrating
 Emotional changes
 Bloating
 Weight gain
 Headaches
 Hormones
 Palpitations
 Bladder weakness
 Difficult concentrating
 Emotional changes



Wellbeing
MEN & HUB

You are not alone!
 You can call 07947 504497
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