



By 2025 more than
1 billion women
in the world will be
in a menopausal
state

Menopause Statistics:

Average woman spends **over half her life** in a menopausal state – perimenopause, menopause, postmenopause

3 out of 4 women experience menopausal symptoms that interfere with their daily lives

1 in 4 women suffer with severe menopausal symptoms

36 known symptoms of menopause transition



Learn through women's stories:
youtube.com/@herstasishealth
herstasis.com

Menopause Transition Symptoms

What is happening to your body? Seek medical advice when you need help.

Temperature

- Hot Flashes
- Night Sweats

Vagina & Urinary Tract

- Dryness
- Leakage
- Painful

herstasis.com
youtube.com/@herstasishealth

Mental Health

- Anxiety
- Concentration
- Depression
- Irritability
- Libido
- Memory
- Mood
- Panic
- Rage

Head

- Dizziness
- Tiredness
- Headaches
- Migraines
- Stress

Body

- Allergies
- Bloating
- Brittle Nails
- Burning Tongue
- Body Odour
- Constipation
- Cramping
- Diarrhea
- Electric Shocks
- Gum & Teeth
- Heartbeat
- Loss of Hair
- Joint Pain
- Sleeping
- Sore Breasts
- Tight Muscles
- Tingling