



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

**35 known symptoms** of menopause transition



Learn through women's stories:  
YouTube: @herstasishealth  
Website: [herstasis.com](https://www.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

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## 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

