

The Common Menopausal Symptoms. What to expect?



The experience of transitioning into menopause is unique for every woman. Some women do not feel anything, some experience mild symptoms, while some suffered from menopausal symptoms so severe, they seek medical treatments.

Menopausal symptoms occur when your hormonal levels took a dive, causing the biological processes to change. But what are the common symptoms of menopause?

Hot flash/ Night Sweats

75% of women experience hot flashes. Women felt a sudden gush of heat and sweating. Hot flashes usually last between 30 seconds to 10 minutes. This is followed by heavy sweating and cold shivering. Hot flashes may occur at night (called night sweats). It can happen several times an hour, a few times a day, or just once or twice a week.

Sleep problems

Sleep problems have affected 39 – 47% of perimenopausal women, and 35 – 60% of postmenopausal women. Some women may have night sweats, anxiety, restless leg syndrome, or sleep apnea that affected their sleep quality.

Vaginal dryness

A drop of estrogen causes tissue inside the vagina to become thin and dry. It can cause pain, irritation, burning sensation and pain during sex. This also increases the risk of getting urinary tract infections.

Urinary Urgency

Urinary urgency impacted as many as 40% of females. Women may experience a sudden urge to urinate and urinate more frequently. This is caused by the weakening of pelvic organs.

Emotional Changes

Close to 23% of women go through mood swings before, during, or after menopause. The mood changes include irritability, mood swings, mild depression, anxiety, crying episodes, and others.

Other common menopausal symptoms include:

- Weight gain
- Loss of breast fullness
- Thinning of hair
- Dry skin, dry eyes and dry mouth

Some people may also experience:

- Breast tenderness
- Worsening of premenstrual syndrome
- Racing heart
- Headaches
- Joint and muscle pains
- Changes in sex drive
- Difficulty concentrating

The emotional aspects of transitioning into menopause are significant. When women notice changes in their appearance, it prompts concerns about attractiveness and body image and leads to bigger questions about one's place and purpose in life. While embracing the menopausal symptoms can be challenging, there are always methods to ease this pain, and lead back to a fulfilling life.

DM Miryoku is a natural way to relieve stress, promote hormonal balance, and relieve menopausal symptoms. Miryoku is the Daily Ladies' Ageless Elixir. Miryoku is made of 14 natural, safe, and clinically backed ingredients that promote ladies' health and beauty.

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