

Table 1

Common Symptoms Related to Perimenopause

Menstrual Changes

Menorrhagia
Oligomenorrhea
Amenorrhea
Irregular cycles
Spotting

Vasomotor Symptoms

Hot flashes
Night sweats
Sleep disturbances

Sexual Dysfunction

Reduced libido
Pain with intercourse

Mood Disorders

Cognitive changes
Mood changes
Poor concentration
Impaired memory