

Schwarzbein

Symptoms Associated With Insufficient Estradiol and Progesterone

“The Top 100”

The following is a list of symptoms and conditions that occur, over time, in many women in menopause. These problems are directly caused or exacerbated by the loss of the sex hormones estradiol and progesterone.

Aches and Pains

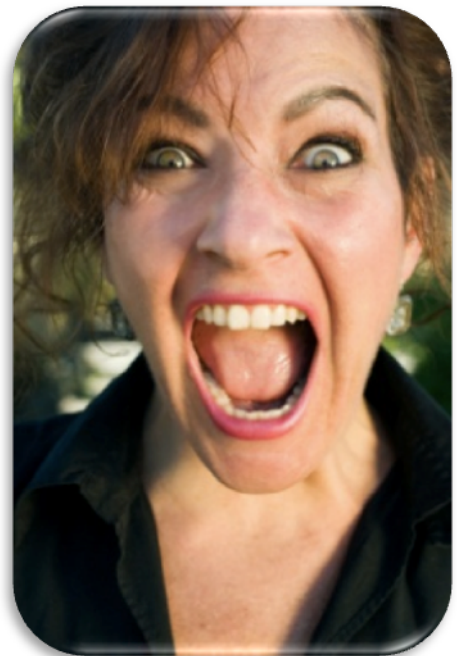
1. Backache
2. Hip pain
3. Joint pain and stiffness
4. Leg cramps
5. Neck stiffness
6. Severe heel pain
7. Trigger points

Brain Function

8. Memory loss
9. Decreased, focus, learning, memory
10. Difficulties with language and conversation
11. Forgetting normal, everyday words
12. Impaired judgment and reasoning skills
13. Inability to multitask
14. Inability to handle typical stresses
15. Loss of self-identity
16. Loss of sense of humor

Cravings

17. Craving for chocolate, sugar, and other sweets
18. Craving for alcohol
19. Craving for nicotine



Digestive Tract Problems

20. Bloating
21. Constipation
22. Food allergies
23. Heartburn
24. Intestinal irritability
25. Increased flatulence and gas pains
26. Nausea

Emotional Problems

27. Anxiety
28. Apprehension
29. Argumentativeness
30. Depression
31. Emotional volatility
32. Frustration
33. Lack of motivation – decreased interest in work, play, other activities
34. Moody – irritable, unhappy, angry, overly tense
35. Panic – sudden, uncontrollable feelings of fear or anxiety that are unfounded
36. Paranoia – unreasonably suspicious

Eye, Ear, Nose, and Mouth Issues

37. Bad breath and bad taste in mouth
38. Burning mouth syndrome
39. Canker sores
40. Dry mouth
41. Dry nose
42. External ear pain
43. Increased eye pressure
44. Inflamed gums
45. Ringing in ears
46. Tongue pain
47. Tooth and gum sensitivity

Gynecological Problems

48. Decreased sex drive
49. Vaginal dryness
50. Vaginal atrophy
51. Body odor
52. Difficulty reaching orgasm
53. Change in breast size

Hair and Nail Problems

54. Increased body hair
55. More “bad hair days”
56. Changes to finger and toe nails

Heart, Lungs and Stamina

57. Asthma
58. Crashing fatigue
59. Loss of stamina
60. Heart palpitations
61. Irregular heart beats
62. Shortness of breath during exertion

Infections and Allergies

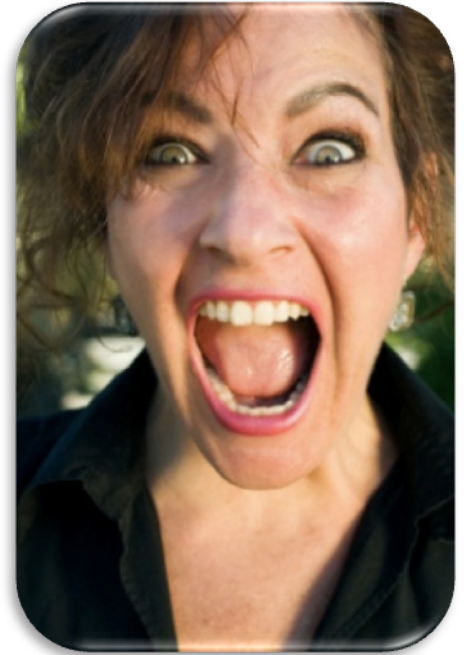
63. Herpes outbreaks
64. Increased allergies
65. Increased risk of infections
66. Increased sinus infections and colds

Injuries and Healing

67. More accident prone
68. Protracted wound healing
69. Increased recovery time from exercise

Muscle, Joint, and Tendon Problems

70. Increased arthritic changes
71. Loss of muscle mass
72. Loss of muscle strength
73. Loss of muscle tone
74. Sore muscles, joints, and tendons
75. Carpal tunnel syndrome



Neurological Problems

- 76. Decreased reaction times
- 77. Dizziness
- 78. Loss of coordination
- 79. Pins and needles in the extremities
- 80. Vertigo

Skin Issues

- 81. Wrinkling of skin
- 82. Acne
- 83. Age spots
- 84. Dry skin
- 85. Itchy, crawly skin
- 86. Loss of elasticity
- 87. Skin tags and moles

Sleep Problems

- 88. Loss of sleep
- 89. Sleep disruption
- 90. Waking up feeling tired

Temperature Dysregulation and Dehydration

- 91. Chills
- 92. Dehydration
- 93. Hot flashes
- 94. Night sweats

Urinary Tract Problems

- 95. Frequent urination
- 96. Urgency to urinate
- 97. Urinary incontinence

Weight Issues

- 98. Inability to lose weight
- 99. Weight gain
- 100. Weight redistribution