

MENOPAUSE

Memory Loss - was I definitely there? Are you sure?	Headaches - Co Codamol/Constipation - discuss	Grey Hair - finally a "grown up"	Wrinkles - age gracefully you ungrateful witch	Tinnitus/High frequency squeal? Anyone?
Sleepy - power napping is real	Facial Hair - like Windsor Davies IYKYK	Nose hairs - WTF?	Stress Incontinence - Cough sneeze fart and pee simultaneously	Antisocial butterfly - where is the exit?
Hot Flashes - portable fan in every room	Sweary - like a Sailor	BLANK	Red Clover tea - ?	Clutz extraordinaire - walking bruise
Night Sweats - PJ shortage by Tuesday	Forgetful - lost keys glasses handbag empty petrol tank.	Afraid to Sneeze - especially at work	Overactive bladder - Pee for Ireland	Blurry Vision - no drink taken
No Libido - don't even think about it!	Itchy - everywhere rubbed raw	Temperamental - Moi?	Slightly unhinged - most days	Tingling extremities - and not in a good way

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Brain Fog - no clue what's happening	Forgetful - lost keys glasses handbag empty petrol tank.	Emotional Outbursts FFS!!!	Stress Incontinence - Cough sneeze fart and pee simultaneously	Panic Attacks - forgotten card - at till.
Hair Loss - Meh	Facial Hair - like Windsor Davies IYKYK	Afraid to Sneeze - especially at work	Triggers - anyone living in your house	Blurry Vision - no drink taken
Mood Swings - keep up Motherf*kers!	Sweary - like a Sailor	BLANK	Overactive bladder - Pee for Ireland	Flatline - mind/body paralysis - oh wait..snacks
Insomnia - 3 hours sleep is good right?	Itchy - everywhere rubbed raw	Grey Hair - finally a "grown up"	Adrenaline Surge - let's do this shit!	Electric shock sensations
No Libido - don't even think about it!	Hairy - like Yeti	Temperamental - Moi?	Red Clover tea - ?	Antisocial butterfly - where is the exit?

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Hair Loss - Meh	Itchy - everywhere rubbed raw	OCD about AC	Adrenaline Surge - let's do this shit!	Tinnitus/High frequency squeal? Anyone?
No Libido - don't even think about it!	Moody - cool when you're 18	Nose hairs - WTF?	Triggers - anyone living in your house	Antisocial butterfly - where is the exit?
Night Sweats - PJ shortage by Tuesday	Hairy - like Yeti	BLANK	Oh shit I'm having a heart attack - Palpitations	Electric shock sensations
Hot Flashes - portable fan in every room	Forgetful - lost keys glasses handbag empty petrol tank.	Grey Hair - finally a "grown up"	Stress Incontinence - Cough sneeze fart and pee simultaneously	Clutz extraordinaire - walking bruise
Mood Swings - keep up Motherf*kers!	Anxiety about having anxiety	HRT - is it working?	Slightly unhinged - most days	Tingling extremities - and not in a good way