# Menopause: What are the most common menopause symptoms?

**Dr Sarah White (CEO, Jean Hailes for Women’s Health):** Jodie in South Australia wants to know: What are the most common symptoms that women in Australia report experiencing during the menopause transition? So, from perimenopause right through to post menopause.

**Prof Rodney Baber (Professor of Obstetrics and Gynaecology, University of Sydney):** The symptoms that we talk about are the so-called 'vasomotor symptoms', which means symptoms that can affect blood vessels and blood flow, and therefore induce changes in our body. Now the commonest of those is the hot flush, or 'hot flash' if you come from the United States.

The twin sister of the hot flush is the night sweat, and both of those are heat-losing mechanisms. So your body's central core body temperature goes up, and it does something to get rid of the heat, and that's the flush or the sweat. On top of that, the other major symptoms are poor sleep, muscle and joint aches and pains, and mood changes.

So, they're the critical ones, and often when people refer to vasomotor symptoms, they're the most common symptoms. And for example, in clinical trials, we know that the most common by far are hot flushes and night sweats, in Western societies, and in Eastern societies, perhaps the most common is muscle and joint aches and pains, followed immediately by hot flushes and night sweats.

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