MENOPAUSE SYMPTOM CHECKER

Recording your symptoms is a good way to understand the changes that are happening to you and can help with a diagnosis of perimenopause / menopause when discussing this with your GP

HERE'S A LIST OF COMMON SYMPTOMS	YES	NO
Hot flushes / Night sweats		
Brain fog & forgetfulness		
Anxiety & depression		
Changes to hair & skin		
Vaginal atrophy, painful sex		
Low libido, lack of desire		

OTHER SYMPTOMS YOU MAY EXPERIENCE	YES	NO
Low mood		
Mood swings		
Crying spells		
Loss of confidence		
Poor concentration		
Poor memory		
Loss of joy		
Reduced self esteem		
Irritability		
Palpitations		
Difficulty sleeping		
Tired / Lacking energy		
Headaches		
Painful / Aching joints		
Changes to periods		
Urinary symptoms		
Feeling dizzy / Faint		
Dry eyes / Ears		
Oral health changes		
Thinning hair		
Dry / Itchy skin		
Tinnitus		
Restless legs		
Change to body odour		
Increased allergies		
Digestive issues		