

Menopause Symptoms Checklist

If you need to consult your GP or a health professional you may find it useful to go prepared knowing what symptoms may be caused by the menopause and what symptoms you are experiencing. Keeping a detailed record will help you track the effectiveness of any treatment natural or otherwise. The boxes below are interactive, click on the small box and a tick will appear, you can type text in the longer box, such as frequency notes.

Physical

Insomnia
Hot flushes
Night sweats
Lack of energy
Dizzy spells
Muscle and joint pains
Breast tenderness
Headaches
Heart Palpitations
Breathing difficulties
Dry mouth
Sore gums
Dry eyes
Bladder frequency
Bladder control
Vaginal dryness, soreness
More thrush
Dry or itchy skin
Thinning hair

Notes

Psychological

Mood swings
Difficulty concentrating
Memory problems
Brain fog
Low mood
Anxiety
Feeling tense or nervous
Attacks of anxiety or panic
Loss of interest in most things
Depression
Crying spells
Irritability
Loss of confidence
Reduced self-esteem
Loss of interest in sex
Reduced level of arousal

Notes