

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.

Physical

Notes

Psychological

Notes

<input type="checkbox"/>	Insomnia	<input type="checkbox"/>	Mood swings
<input type="checkbox"/>	Hot flushes	<input type="checkbox"/>	Difficulty concentrating
<input type="checkbox"/>	Night sweats	<input type="checkbox"/>	Memory problems
<input type="checkbox"/>	Lack of energy	<input type="checkbox"/>	Brain fog
<input type="checkbox"/>	Dizzy spells	<input type="checkbox"/>	Low mood
<input type="checkbox"/>	Muscle and joint pains	<input type="checkbox"/>	Anxiety
<input type="checkbox"/>	Breast tenderness	<input type="checkbox"/>	Feeling tense or nervous
<input type="checkbox"/>	Headaches	<input type="checkbox"/>	Attacks of anxiety or panic
<input type="checkbox"/>	Heart Palpitations	<input type="checkbox"/>	Loss of interest in most things
<input type="checkbox"/>	Breathing difficulties	<input type="checkbox"/>	Depression
<input type="checkbox"/>	Dry mouth	<input type="checkbox"/>	Crying spells
<input type="checkbox"/>	Sore gums	<input type="checkbox"/>	Irritability
<input type="checkbox"/>	Dry eyes	<input type="checkbox"/>	Loss of confidence
<input type="checkbox"/>	Bladder frequency	<input type="checkbox"/>	Reduced self-esteem
<input type="checkbox"/>	Bladder control	<input type="checkbox"/>	Loss of interest in sex
<input type="checkbox"/>	Vaginal dryness, soreness	<input type="checkbox"/>	Reduced level of arousal
<input type="checkbox"/>	More thrush		
<input type="checkbox"/>	Dry or itchy skin		
<input type="checkbox"/>	Thinning hair		