

# 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