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Menopause Symptoms Checklist

If you think you may be suffering from symptoms of perimenopause, then fill out this simple symptom checker. Just put a tick next to any symptoms you’ve experienced, print off and take it along to your GP appointment. Remember, it’s also worth asking if anyone at your surgery specialises in the menopause. This could be a GP or nurse.

NICE guidelines on menopause state blood hormone tests alone are not necessary to diagnose menopause in women over 45 years of age, experiencing menopause symptoms.

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| **SYMPTOM** | **YES** | **DETAILS** |
| ANXIETY |  |  |
| LOW MOOD |  |  |
| DEPRESSION |  |  |
| MOOD SWINGS |  |  |
| CRYING SPELLS |  |  |
| BRAIN FOG |  |  |
| LOSS OF CONFIDENCE |  |  |
| POOR CONCENTRATION |  |  |
| POOR MEMORY |  |  |
| LOSS OF JOY |  |  |
| LOW SELF ESTEEM |  |  |
| HEADACHES |  |  |
| PALPITATIONS |  |  |
| DIFFICULTY SLEEPING |  |  |
| TIRED |  |  |
| LACKING ENERGY |  |  |
| IRRITABILITY |  |  |
| FEELING FAINT/DIZZY |  |  |
| PAINFUL/ACHING JOINTS |  |  |
| HOT FLUSHES |  |  |
| NIGHT SWEATS |  |  |
| VAGINAL SYMPTOMS |  |  |
| URINARY SYMPTOMS |  |  |
| LOSS OF LIBIDO |  |  |
| DRY EYES |  |  |
| IRREGULAR PERIODS |  |  |
| ORAL HEALTH CHANGES |  |  |
| DRY/ITCHY SKIN |  |  |
| THINNING HAIR |  |  |
| TINNITUS |  |  |
| RESTLESS LEGS |  |  |
| ACNE |  |  |
| INDIGESTION |  |  |