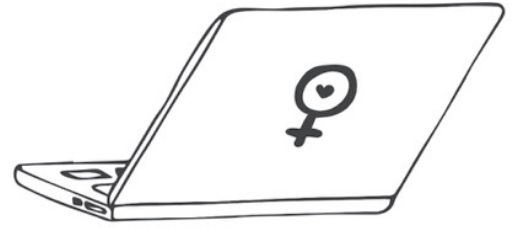


Menopause symptoms checklist

Week No./Date:



Rating:	Never	Sometimes	Frequently	Extremely	Notes
PHYSICAL SYMPTOMS					
Abdominal pain					
Acne					
Allergies					
Altered sense of smell					
Bloating					
Breast pain/tenderness					
Brittle nails					
Burning mouth					
Cold sweats					
Constipation					
Cramps					
Diarrhoea					
Difficulty breathing					
Dizziness or feeling faint					
Dry eyes					
Dry hair					
Dry skin					
Facial hair					
Frequent urination					
Mouth & gum issues					
Hair loss/thinning					
Headaches					
Heart palpitations					
Heartburn					
Hot flushes					
Incontinence					
Irritable legs					
Itching					
Joint pain					
Migraine					
Muscle pain					
Nausea/sickness					
Night sweats					

Rating:	Never	Sometimes	Frequently	Extremely	Notes
PHYSICAL SYMPTOMS					
Numbness in body					
Numbness in hands or feet					
Pain passing urine					
Painful sex					
Pressure in head					
Sagging breasts					
Skin crawling					
Tingling hands & feet					
Tinnitus					
Vaginal bleeding					
Vaginal dryness					
Weight gain					
Wind					
Wrinkles					
OTHER:					

Rating:	Never	Sometimes	Frequently	Extremely	Notes
EMOTIONAL/MENTAL SYMPTOMS					
Anxiety					
Brain fog					
Crying spells					
Difficulty concentrating					
Difficulty sleeping					
Excitable					
Feeling nervous					
Feeling tense					
Irritability					
Lack of interest in things					
Low libido					
Low mood/depression					
Memory problems					
Mood swings					
Panic attacks					
OTHER:					

Symptoms are numerous, vary throughout the duration of the menopause and are highly individual. Keeping a weekly record of any changes in your body/mood using the list above, will help you to build a picture of what is happening. There is no 'test' for the menopause, so sharing your symptoms in a structured way with your health professional will aid them to make a diagnosis and discuss suitable treatment options.

Always seek medical advice from a qualified, licensed practitioner.