

# MENOPAUSE SYMPTOM CHECKLIST

As per NICE guidelines for menopause, if you're a woman over 45 with symptoms, blood hormone tests aren't recommended for diagnosing menopause. Keep track of your symptoms and present this to your Doctor

SYMPTOM	CHECK BOX	NOTES
• Anxiety		
• Brain Fog		
• Changes to body odour		
• Crying Spells		
• Depression		
• Difficulty sleeping		
• Digestive issues		
• Dry eyes		
• Dry skin		
• Fatigue		
• Feeling dizzy/faint		
• Headaches		
• Heart palpitations		
• Hot flushes/flushes		
• Increased sweating		
• Irritability		
• Itchy skin		
• Lack of energy		
• Low mood		
• Loss of confidence		
• Loss of joy		
• Lower libido		
• Mood swings		
• Night sweats		
• Painful/aching joints		
• Period changes		
• Poor concentration		
• Poor memory		
• Reduced self-confidence		
• Reduced self-esteem		
• Restless legs		
• Tinnitus		
• Urinary changes		
• Vaginal dryness		