

Menopause Symptom Checker

Name

Date of birth

Date

Please review the list below and think about how much any of these symptoms have been bothering you:-

Symptom	Yes	No	Details
Anxiety			
Low Mood			
Depression			
Mood Swings			
Crying Spells			
Brain Fog			
Loss of Confidence			
Irritability			
Loss of Joy			
Poor Memory			
Poor Concentration			
Difficulty Sleeping			
Tired/Lacking Energy			
Headaches			
Palpitations			
Hot Flashes			
Night Sweats			
Painful/Aching Joints			
Changes to Periods			

Vaginal Symptoms			
Urinary Symptoms			
Loss of Libido			
Dry/Itchy skin			
Dry Eyes/Ears			
Oral Health Changes			
Thinning Hair			
Weight Gain			
Feeling Dizzy/Faint			
Tinnitus			
Restless Legs			
Changes to Body Odour			
Increased Allergies			
Digestive Issues			