



Menopause Symptom Checker

SYMPTOM	YES	NO	DETAILS
Anxiety			
Low mood			
Depression			
Mood swings			
Crying spells			
Brain fog			
Loss of confidence			
Poor concentration			
Poor memory			
Loss of joy			
Reduced self esteem			
Irritability			
Palpitations			
Difficulty sleeping			
Tired/lacking energy			
Headaches			
Migraine			
Aching joints			
Hot flushes			
Night sweats			
Changes to periods			
Vaginal symptoms			
Painful intercourse			
Sore/dry vagina			
Urinary symptoms, infections			
Loss of libido			
Feeling dizzy/faint			
Dry eyes/ears			
Oral changes, teeth/gums			
Thinning hair			
Dry itchy skin (formication)			
Tinnitus			
Restless legs			
Changes to body odour			
Increase/new allergies			
Digestive issues/bloating			
Changes to bowel habits			
Breast pain			
Altered sense of smell			
Burning mouth			
Reduced motivation			
Any other symptoms?			

