

Menopausal symptoms checklist

You may find the checklist below useful for recording the symptoms you are experiencing. Many women are embarrassed and find it difficult talking about these changes. This checklist may help you to start a discussion with your doctor or nurse to look at the treatment options available to best manage your symptoms.

- Hot flushes
- Night sweats
- Insomnia/disrupted sleep
- Weight gain
- Headaches
- Changes in texture of skin and hair
- Muscle and joint pain
- Lower libido (desire for sex)
- Vaginal dryness, infection and/or pain during intercourse
- Urinary changes/infections
- Lack of concentration/memory
- Fatigue/low energy levels
- Mood swings and irritability
- Feeling depressed
- Loss of self-esteem
- Anxiety/panic attacks
- Feeling tearful