

SYMPTOM CHECKER

Do you have any of these symptoms of **perimenopause** (still have periods) or **menopause** (periods have stopped for over a year)?

Use this symptom checker to track your symptoms and take with you to your healthcare appointment.

SCORE YOUR SYMPTOMS OUT OF TEN

(1 = none, 10 = regularly)

Symptom	Score
Heart beating quickly or strongly	
Feeling tense or nervous	
Feeling tired or lacking in energy	
Memory problems	
Difficulty in sleeping	
Attacks of anxiety, panic	
Feeling dizzy or faint	
Difficulty in concentrating	
Dry or itchy skin	
Loss of interest in most things	
Pressure or tightness in head	
Feeling unhappy or depressed	
Tinnitus (ringing or buzzing in the ear)	
Crying spells	
Headaches Irritability	
Muscle and joint pain	
Brain fog	
Pins and needles in any part of the body	
Low mood	
Breathing difficulties	

Mood swings	
Urinary symptoms	
Hot flushes	
Symptoms due to vaginal dryness	
Sweating at night	
If you still have periods: How often are your periods; are they heavy, light?	

What are your main concerns or questions for your healthcare professional?

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The Menopause Charity provides evidence-based information and support so that no one needs to suffer from the symptoms of perimenopause and menopause.

The charity receives no government funding and relies on voluntary donations.

For more information on how to support The Menopause Charity, please visit: themenopausecharity.org/donate or contact us via: info@themenopausecharity.org

The Menopause Charity is registered in England and Wales (charity registration number 1191332)
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