

Menopause Symptom Checker

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Recording your symptoms is a good way to understand the changes that are happening to you and can help with a diagnosis of perimenopause / menopause when discussing this with your GP

Symptom	YES/NO	Frequency - rare, occasional, frequent	Severity Mild/moderate/severe
Hot Flushes and/or Night Sweats			
Changes to menstrual cycle			
Vaginal dryness, itching			
Stress/Urgency or leak incontinence			
Painful sex, loss of Libido			
Breast tenderness			
Palpitations			
Sleep disturbance			
Dizziness/Feeling faint			
Fatigue			
Feeling anxious/low self esteem			
Difficulty concentrating/memory issues			
Reduced tolerance to stress/tearfulness			
Gastrointestinal changes			
Weight gain			
Joint pain			

Menopause Symptom Checker Continued

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Symptom	YES/NO	Frequency - rare, occasional, frequent	Severity Mild/moderate/severe
Muscle ache/fatigue			
Dry itchy skin			
Changes in body odour			
Thinning hair			
Nausea			
Tingling or crawling feeling on skin			
Dry Ears/Eyes			
Oral health changes			
Headaches			
Tinnitus			
Restless legs			
Increased allergies			
Loss of confidence			
Depression			
Irritability			
Brain fog			