

**Perimenopause/Menopause**

**SYMPTOM CHECKLIST**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Headaches/Worsening Migraine |  |  | Vertigo |  |  |
| Night Sweats |  |  | Dizziness |  |  |
| Hot Flushes |  |  | Cold Flushes |  |  |
| Tiredness |  |  | RLS (Restless Leg Syndrome) |  |  |
| Reduced Concentraion |  |  | Anxiety/Panic Attacks |  |  |
| Brain Fog/Forgetfulness |  |  | Aggression/Rage |  |  |
| Feeling Joyless |  |  | Overwhelmed |  |  |
| Depression/Low Mood |  |  | Sore painful breasts |  |  |
| Irritability/Mood Swings |  |  | Bloating |  |  |
| Reduced sex drive |  |  | Digestive Issues |  |  |
| Vaginal Dryness/Itchiness |  |  | Changed Body Odour |  |  |
| Painful Intercourse |  |  | Tinnitus |  |  |
| Insomnia/Poor Sleep |  |  | Allergies |  |  |
| Palpitations |  |  | Itchy Skin |  |  |
| Joint/Muscle Pains |  |  | Muscle cramps |  |  |
| Urinary Frequency/Incontinence |  |  | Sinus Issues |  |  |
| Dry Eyes/Hair/Nails |  |  | Weight Gain |  |  |
| Hair Loss/Thinning |  |  | More Facial Hair |  |  |
| Weight Gain |  |  | Electric Shock Sensations/Tingling |  |  |
| Changes in periods/loss of periods |  |  | Burning mouth/tongue |  |  |
| Ribs/Sternum Painful |  |  | Bleeding Sensitive Gums |  |  |
| Changes in Finger Nails |  |  | Bad Breath |  |  |