



### Menopause Symptom Checklist

Hormonal changes in menopause can lead to a variety of symptoms, both physical and psychological. While no two women will experience exactly the same journey, or symptoms, we've listed some of the most commonly mentioned below.

NICE guidelines say that diagnosis of menopause can be based on symptoms alone, and are not usually needed at age 45 and over. Symptoms may also be due to other causes, and your doctor may wish to exclude these.

Symptoms may include:

Physical symptoms	Yes	No	Details
Allergies			
Body odour changes			
Breast soreness			
Burning mouth			
Difficulty sleeping/insomnia			
Digestive issues			
Dizziness			
Dry eyes			
Dry/itchy skin			
Dry mouth			
Fatigue/low energy			
Headaches/migraines			
Heart palpitations			
Joint aches/pains			
Hot flushes			
Loss of libido			
Muscle aches/pains			
Nausea			
Night sweats			
Oral health changes			
Pelvic pain			
Period changes			
Skin changes			
Restless legs			
Thinning hair			
Tinnitus			
Tingling sensations			
Urinary symptoms*			
Vaginal symptoms*			
Weight gain			

\*Vaginal and urinary symptoms, otherwise known as Genitourinary Syndrome of Menopause (GSM), are expanded on in our accompanying GSM symptom checklist.



# Harley Street at Home

MENOPAUSE

Psychological symptoms	Yes	No	Details
Anger			
Anxiety			
Brain fog			
Crying spells			
Depression			
Irritability			
Loss of confidence and self-esteem			
Loss of joy			
Mood swings			
Panic attacks			
Poor concentration			
Poor motivation			

## Useful Links

BMS | Summary NICE guidelines | [www.thebms.org.uk](http://www.thebms.org.uk)

Women's Health Concern Factsheets | [www.womens-health-concern.org](http://www.womens-health-concern.org)

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