

# Menopause Symptoms Checklist

Hormones affect every cell in our body so when they are fluctuating leading up to the menopause (perimenopause), this can cause symptoms all over our body, and may include ones you didn't realise might be due to your hormones, until now. This is why this tracking tool is a great and simple way to measure and track your symptoms.

The main areas that are measured are psychological, physical or somatic, vasomotor and vaginal/bladder symptoms.

This check list is very helpful for you to complete before your consultation and done regularly can help monitor how your symptoms change with time or with treatments, especially when taking HRT (Hormone Replacement Therapy).

	Not at all 0	A little 1	Quite a bit 2	Extremely 3	Comment
Heart beating quickly and strongly					
Feeling tense or nervous					
Difficulty in sleeping					
Excitable					
Memory problems					
Attacks of panic or anxiety					
Difficulty in concentrating					
Feeling tired or lacking in energy					
Loss of interest in most things					
Feeling unhappy or depressed					
Crying spells					
Irritability					
Feeling dizzy or faint					
Pressure or tightness in head or body					
Headaches					
Tinnitus (ringing or buzzing in ears)					
Parts of body feeling numb or tingling					
Muscle or joint pains					
Breathing difficulties					
Hot flushes					
Sweating at night					
Loss of interest in sex					
Pain during sex					
Urinary symptoms - stinging when pee, wetting self					
Vaginal dryness symptoms - itching, soreness					

## References:

[Menopause Matters Scoresheet](#)

[Greene Climacteric Scale](#)

[BMS Tools for Clinicians](#)

