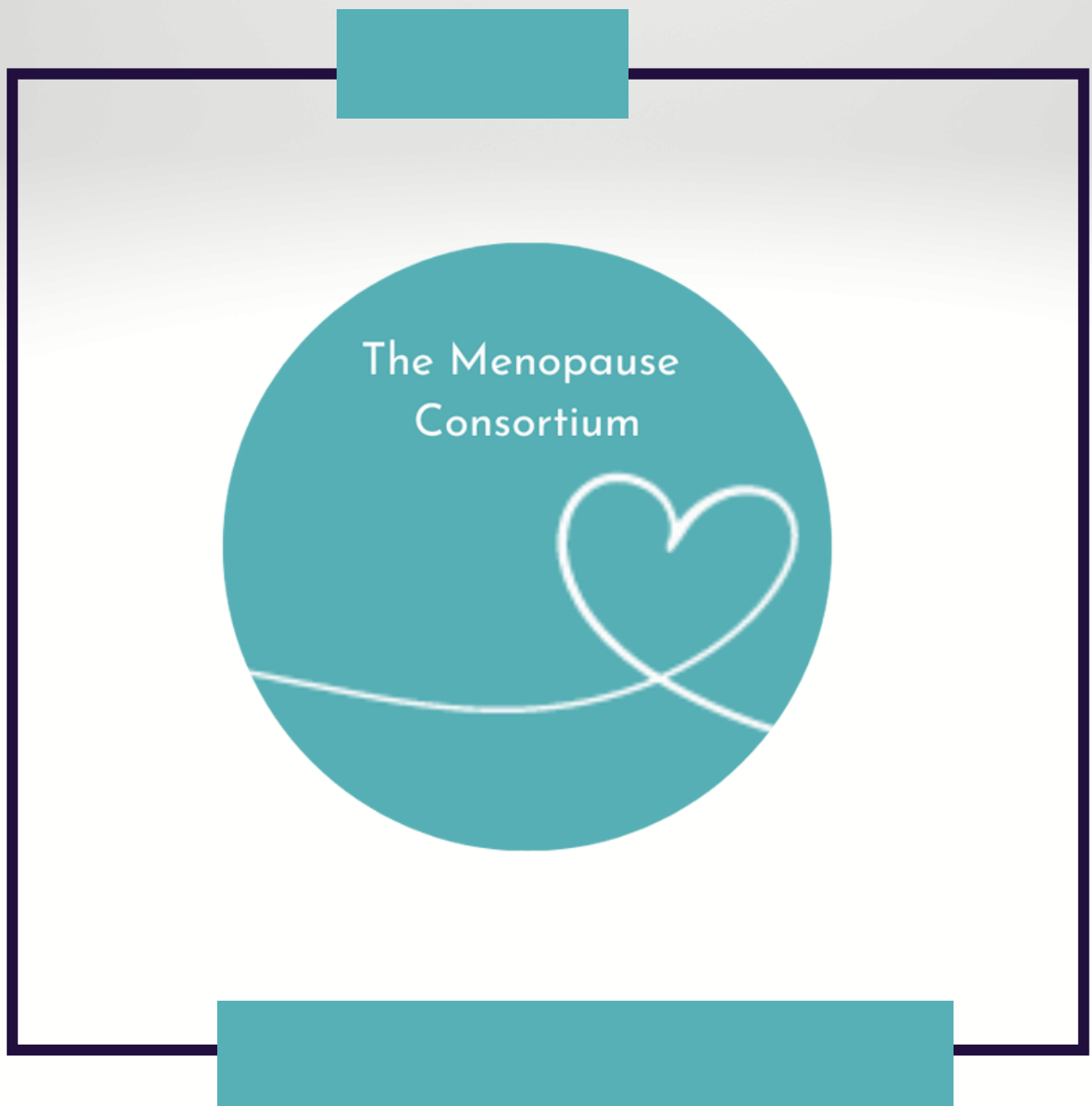


MENOPAUSE SYMPTOM CHECKER



Symptom Check List

	Yes	No
Hot flushes	☐	☐
Anxiety	☐	☐
Brain fog	☐	☐
Headaches	☐	☐
Migraines	☐	☐
Joint aches and pains	☐	☐
Mood swings	☐	☐
Insomnia	☐	☐
Concentration issues	☐	☐
Night sweats	☐	☐
Urinary tract infections	☐	☐
Dry vagina	☐	☐
Reduced libido	☐	☐
Fatigue	☐	☐
Digestive issues	☐	☐
Weight gain	☐	☐
Breast tenderness	☐	☐

Symptom Check List

	Yes	No
<u>Thinning hair</u>	☐	☐
<u>Dry skin</u>	☐	☐
<u>Acne</u>	☐	☐
<u>Dry eyes</u>	☐	☐
<u>Burning mouth</u>	☐	☐
<u>Dry mouth</u>	☐	☐
<u>Insomnia</u>	☐	☐
<u>Itchy skin</u>	☐	☐
<u>Irregular periods</u>	☐	☐
<u>No periods</u>	☐	☐
<u>Depression</u>	☐	☐
<u>Low self esteem</u>	☐	☐
<u>Heart palpations</u>	☐	☐
<u>Tingling in hands & feet</u>	☐	☐
<u>Electric shock sensation</u>	☐	☐
<u>Brittle nails</u>	☐	☐
<u>Tinnitus</u>	☐	☐

Symptom Check List

Virtigo

Yes

No

Any Other Symptoms list below



○

○

○

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Questions

