the menopause hub®
Symptom Checker

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Patient Details

Name: _____

Phone number: _____

email: _____

Mental/Emotional/Psychological symptoms

	mild	moderate	severe
Memory loss / forgetfulness / word finding difficulty	❑	❑	❑
Brain fog	❑	❑	❑
Poor concentration	❑	❑	❑
Anxiety	❑	❑	❑
Feeling overwhelmed	❑	❑	❑
Panic attacks	❑	❑	❑
Depression	❑	❑	❑
Mood swings	❑	❑	❑
Weeping / crying	❑	❑	❑
Bursts of anger	❑	❑	❑
Irritability	❑	❑	❑
Flat mood	❑	❑	❑
Loss of confidence	❑	❑	❑
Relationship difficulties	❑	❑	❑

Physical Symptoms

	mild	moderate	severe
Irregular periods	❑	❑	❑
Heavy periods	❑	❑	❑
Hot flushes	❑	❑	❑
Night sweats	❑	❑	❑
Insomnia	❑	❑	❑
No Energy / fatigue	❑	❑	❑
Dizziness / feeling faint	❑	❑	❑
Dry, papery, itching or crawling skin	❑	❑	❑
Hair loss / hair thinning	❑	❑	❑
Increased facial hair / chin	❑	❑	❑
Brittle nails	❑	❑	❑
Pimples / Acne	❑	❑	❑
Bloating	❑	❑	❑
Sore, swollen or tender breasts	❑	❑	❑
Migraine / headaches	❑	❑	❑
Weight gain	❑	❑	❑
Heart palpitations	❑	❑	❑
Digestive problems / IBS	❑	❑	❑
Receding gums	❑	❑	❑
Burning tongue/ mouth	❑	❑	❑
Dry eyes	❑	❑	❑
Joint stiffness aches & pains	❑	❑	❑
Loss of muscle	❑	❑	❑
Tingling extremities / restless legs	❑	❑	❑
Tinnitus	❑	❑	❑
Asthma	❑	❑	❑
Sinusitis	❑	❑	❑
Skin rashes	❑	❑	❑

Genitourinary Symptoms

	mild	moderate	severe
Loss of libido	❑	❑	❑
Painful sex	❑	❑	❑
Vaginal Dryness	❑	❑	❑
Difficulty reaching orgasm	❑	❑	❑
Bladder issues (UTIs / Incontinence)	❑	❑	❑