

MENOPAUSE SYMPTOM CHECKER

As stated in NICE guidelines on menopause blood hormone tests are not indicated to diagnose menopause in a woman over 45 years of age experiencing menopause symptoms.

SYMPTOM	YES	NO	DETAILS
ANXIETY			
LOW MOOD			
DEPRESSION			
MOOD SWINGS			
CRYING SPELLS			
BRAIN FOG			
LOSS OF CONFIDENCE			
POOR CONCENTRATION			
POOR MEMORY			
LOSS OF JOY			
LOW SELF ESTEEM			
HEADACHES			
PALPITATIONS			
DIFFICULTY SLEEPING			
TIRED			
LACKING ENERGY			
IRRITABILITY			
FEELING FAINT/DIZZY			
PAINFUL/ACHING JOINTS			
HOT FLUSHES			
NIGHT SWEATS			
VAGINAL SYMPTOMS			
URINARY SYMPTOMS			
LOSS OF LIBIDO			
DRY EYES			
IRREGULAR PERIODS			
ORAL HEALTH CHANGES			
DRY/ITCHY SKIN			
THINNING HAIR			
TINNITUS			
RESTLESS LEGS			
ACNE			
INDIGESTION			