



MENTAL/EMOTIONAL

Y **N**

- Memory Loss
- Mood Swings
- Depression
- Anxiety
- Overwhelmed
- Weeping/Crying
- Grumpy
- Bursts of Anger
- Loss of Libido

PHYSICAL

Y **N**

- Hot Flushes (Day)
- Night Sweats
- Insomnia
- No Energy
- Dry, Papery Skin
- Hair Loss
- PMS-like Bloating
- Sore/Swollen Breasts
- Increased Chin Hair
- Pimples/Acne
- Deepening Voice
- Migraine
- Heart Palpitations
- Weight Gain
- Stiffness/Aches and Pains
- Bladder Issues
- Vaginal Discharge
- Vaginal Dryness
- Painful Sex
- Receding Gums
- Dry Eyes

There are well over 40 recognised symptoms associated with the menopause. The chances are (unless you are very unlucky) that you won't suffer from them all. Fill in our symptom checker to see where you are at the moment. Bear in mind that some symptoms may have causes other than menopause, so if you are concerned you should have them checked out.