



Menopause Symptom Checker

Fill this in and take it to your health practitioner - generally symptoms are a better indicator of being in perimenopause rather than blood tests, that can change on a daily basis, making them unreliable and although a blood test will show what hormones are present and how much there is, but they will not show how the body is using them.

Ensure you have read about the different types of HRT available to you via your GP - this will enable you to make an informed choice

Please tick all symptoms you are currently experiencing and try to note their severity or frequency.

Vasomotor and Thermoregulation (Temperature)	
Hot Flashes: Sudden, intense heat spreading through the body.	
Night Sweats: Waking up drenched from sweating during sleep.	
Feeling Chilly/Intolerance to Cold: Feeling cold even when others are warm	
Heart Palpitations: Noticeable fluttering, racing, or pounding in the chest.	
Sleep and Psychological	
Insomnia: Difficulty falling asleep, staying asleep, or early waking.	
Restless Legs Syndrome (RLS): An irresistible urge to move the legs, often worse at night.	
Anxiety/Panic: Increased worry, nervousness, or sudden panic attacks.	
Irritability/Mood Swings: Quick, pronounced shifts in mood.	
Depression/Low Mood: Persistent sadness, hopelessness, or loss of pleasure.	
Emotional Blunting: Feeling detached or unable to experience strong emotions.	

Cognitive and Neurological

Brain Fog: Difficulty concentrating, focusing, or thinking clearly.

Night Sweats: Waking up drenched from sweating during sleep.

Feeling Chilly/Intolerance to Cold: Feeling cold even when others are warm

Heart Palpitations: Noticeable fluttering, racing, or pounding in the chest.

Sleep and Psychological

Insomnia: Difficulty falling asleep, staying asleep, or early waking.

Memory Issues: Trouble recalling names, words, or recent events.

Dizziness/Vertigo: Feelings of unsteadiness or spinning.

Headaches/Migraines: New onset or change in frequency/intensity of headaches.

Tinnitus: Ringing, buzzing, or hissing sounds in the ears.

Menstrual Cycle Changes

Irregular Periods: Cycles becoming shorter, longer, or unpredictable.

Heavy Bleeding: Periods that are significantly heavier or longer than usual.

Very Light/Scanty Bleeding: Periods that are unusually light.

Spotting: Bleeding between periods.

Physical, Musculoskeletal and Skin

Joint Aches and Pains: Stiffness, soreness, or inflammation in joints.

Muscle Tension: Tightness or cramping in muscles

Fatigue/Low Energy: Persistent tiredness, even after rest.

Weight Gain: Especially around the abdomen (central weight gain).

Digestive Changes: Increased bloating, gas, or new food sensitivities.

Dry Skin/Itchiness: Persistent dryness or generalised itching (pruritus).

Thinning Hair/Hair Loss: Increased shedding or noticeable thinning on scalp.

Brittle Nails: Nails that chip or break easily

Body Odour Changes: Changes in natural body scent.

Acne: New or returning breakouts, especially on the jawline.

Urinary, Intimate and Sexual (GSM)

Vaginal Dryness: Dryness, itching, or irritation

Painful Intercourse (Dyspareunia): Discomfort or pain during sexual activity.

Loss of Libido: Significant decrease in sex drive

Urinary Urgency/Frequency: Need to urinate often or suddenly.

