



MENOPAUSE SYMPTOM CHECKER

As stated in NICE menopause guidance 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			
MOOD SWINGS			
IRRITABILITY			
TEARFUL			
LACK OF MOTIVATION			
LOSS OF JOY			
REDUCED CONFIDENCE			
BRAIN FOG			
POOR MEMORY			
POOR CONCENTRATION			
DIFFICULTY SLEEPING			
FATIGUE			
HEADACHES/MIGRAINES			
HEART PALPITATIONS			
HOT FLUSHES			
NIGHT SWEATS			
JOINT OR MUSCLE PAIN			
CHANGES TO PERIODS			
VAGINAL SYMPTOMS *			
URINARY SYMPTOMS *			
LOSS OF LIBIDO			
DRY/ITCHY SKIN			
DRY EYES/EARS/NAILS			
ORAL HEALTH CHANGES			
THINNING/DRYING HAIR			
WEIGHT GAIN			
FEELING DIZZY/FAINT			
TINNITUS			
RESTLESS LEGS			
INCREASED ALLERGIES			
DIGESTIVE ISSUES			

*More detailed symptoms on our GSM symptom checker

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