



Nicola Williams Counselling

Menopause Symptom Checker

Use this symptom checker to note down your peri-menopause and menopause symptoms. It is good to note roughly how long you have been experiencing each symptom.

You can use this as an aid for your discussions with your GP if you are asking for or reviewing your HRT – take it along to your appointment if it is a face to face.

Symptom	A little	Quite a bit	A lot	Notes
Feeling anxious				
Unhappy/Low mood				
Crying				
Feeling irritable				
Feeling tired/no energy				
Feeling tense				
Loss of interest in things				
Headaches				
Feeling tightness in head				
Difficulty Sleeping				
Difficulty concentrating				
Memory issues/brain fog				
Feeling dizzy/faint				
Muscle and joint pains				
Hot flushes				
Night sweats				
Heart beating quickly/strongly				
Breathing difficulties				
Tinnitus (ringing or buzzing in ear)				
Pins and needles				
Loss of interest in sex				
Vaginal dryness				
Urinary problems				
Gum problems				
Bloating				
Wind				
Itchy skin				