

Menopause Symptoms Checklist

Over the past 3 months have you experienced any of the symptoms below?

Symptoms	Never	Sometimes	Often
Anxiety: Overly worried or tense, feeling stressed out, panicky, overwhelmed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brain Fog: Difficulty focusing, forgetful, poor word retrieval, easily distracted, feeling out of it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression: Feeling low or hopeless; loss of interest in things once enjoyed; easily fatigued; increased mood swings; small tasks take great energy; feeling overwhelmed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatigue: Low energy, tire easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headaches and/or Migraines: Head pain, often intense or throbbing, sometimes to the point of debilitation; nausea; light and/or noise sensitivity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Palpitations: Racing, skipping, or fluttering heartbeat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot Flashes / Night Sweats: Intense spreading heat, usually across the chest, neck, or face; excessive sweating; racing heart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Incontinence: Urinary leaks when laughing or coughing, loss of bladder control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability: Unusually impatient, quick to anger—even rage, easily frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint Pain: Soreness, heat, or swelling, especially in the neck, back, knees, ankles, fingers, elbows or jaw; feeling unusually stiff and creaky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low Libido: Diminished sex drive, difficulty feeling aroused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Painful Sex: Vaginal dryness or tightness; burning in the vagina or vulva before, during, or after intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Period Changes: Lighter or heavier blood flow, shorter or longer cycles, entirely skipped cycles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin and/or Hair Changes: Dry, itchy, skin; thinning or coursening hair; new facial hair; appearance of dark spots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep Issues: Difficulty falling or remaining asleep; tossing, turning, or fitful sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Urinary Tract Infections (UTIs): Bacterial infection with symptoms that include frequent urination, burning, change in the color or odor or urine, pain in the pelvic region, fever, and/or nausea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight Gain: Increased weight, especially around abdomen and thighs; feeling bloated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>