

Symptom Checker

This symptom checker is for you to print off and use to record your (peri)menopausal symptoms. It is designed to be used for any month. It is a useful tool to aid conversation with your doctor or other healthcare professionals.

The 34 symptoms listed are those most readily identified as being (peri)menopausal, though you may not experience any or numerous symptoms. You do not need to experience all 34 symptoms to be in menopause or perimenopause.

Likewise, you may experience some of these symptoms for reasons other than menopause, so it is advisable to speak to your GP.



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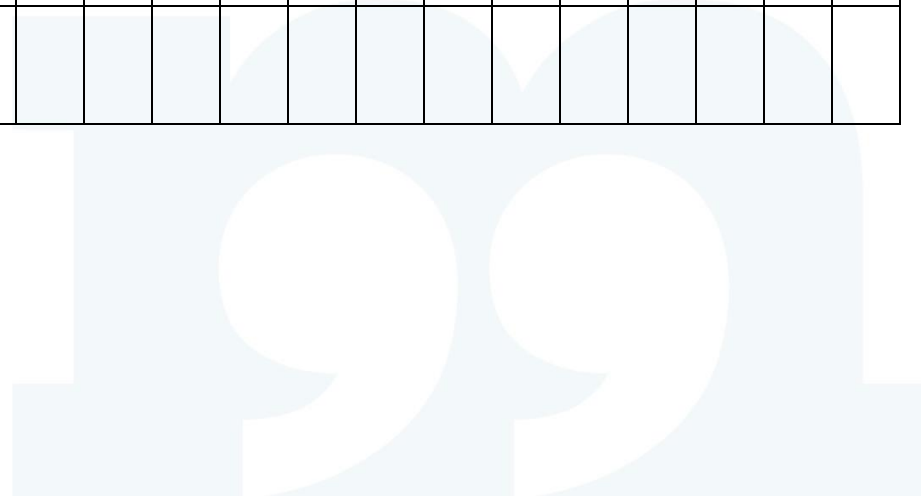
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Symptom																															
Allergies																															
Anxiety																															
Bloating																															
Breast pain																															
Biting nails																															
Burning tongue																															
Changes in odour																															
Depression																															
Difficulty concentrating																															



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Digestive problems																															
Dizziness																															
Electric shocks																															
Fatigue																															
Gum problems																															
Hair loss																															
Headaches																															
Hot flashes																															
Incontinence																															



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Irregular heartbeat																															
Irregular periods																															
Irritability																															
Itchy skin																															
Joint pain																															
Loss of libido																															
Memory lapses																															
Mood swings																															
Muscle tension																															



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Night sweats																															
Osteoporosis																															
Panic disorders																															
Sleep disorders																															
Tingling hands and feet																															
Vaginal dryness																															
Weight gain																															

