

PERIMENOPAUSE AND MENOPAUSE SYMPTOM CHECKLIST

Hot flushes Night sweats Muscle and joint aches/pains Heart palpitations Sleep disturbances Anxiety Difficulty concentrating Feeling tense Dry or itchy skin Vaginal dryness or soreness Headaches or migraines Brain fog Low libido Irregular periods Thinning hair Fatigue Bloating
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Thinning hair Fatigue
Fatigue
Bloating
Fleeing dizzy or faint
Lethargic and tired
Unhappy or depressed
Teary
Mood changes
Dry eyes and mouth
Weight gain
Frequent & sudden urges to urinate_
ADDITIONAL COMMENTS: