

# MENOPAUSE SYMPTOM CHECKER

VIVREHEALTH.COM

Name:

Please score the boxes below to indicate how much troubled you are by any of these symptoms over last 4 weeks (Not at all: 0, Mild: 1, Moderate: 2, Severe: 3)

	<b>Symptoms</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Vasomotor</b>	Hot Flashes				
	Night Sweats				
<b>Mood Issues</b>	Mood Swings				
	Anxiety				
	Depression				
	Irritability				
	Tearfulness				
	Low Mood				
	Lack of Motivation				
	Low Self-esteem				
<b>Cognition</b>	Brain Fog				
	Poor Memory				
	Poor Concentration				
	Loss of Confidence				
<b>Sleep</b>	Insomnia				
	Interrupted sleep				
	Early Morning Awakening				

<b>Genito-Urinary</b>	Vaginal Dryness				
	Vulval Itching or				
	Soreness				
	Painful Intercourse				
	Urinary Frequency				
	Urine Infections				
	Loss of Libido				
<b>Skin and hair</b>	Dry Skin				
	Itchy, Crawly Skin				
	Hair Loss				
	Dry Eyes				
<b>Musculoskeletal</b>	Joint and Muscle Pain				
	Joint Stiffness				
	Restless Legs				
<b>General</b>	Headaches				
	Worsening of migranie				
	Dizziness				
	Fatigue				
	Palpitations				
	Tinnitus				
	Changes in Body Odour				
	Digestive problems				
	Teeth and Gum Issues				
<b>Menstrual</b>	Periods lighter				
	More spaced out				
	Heavier and frequent				

**Disclaimer: There may be other menopausal symptoms that are not included in this list. Also, some of the symptoms can be due to other causes besides menopause. This symptom checker is not meant to replace advice from a doctor. Please see a doctor if your symptoms are bothersome.**