

Symptoms Ticklist

Tick of the symptoms you are or have experienced

Temperature Regulation

- ☐ Hot flushes
- ☐ Night sweats
- ☐ Body odour
- ☐ Feeling cold

Gynaecological & Urological

- ☐ Irregular periods
- ☐ Vaginal Dryness
- ☐ Stress incontinence
- ☐ Recurrent UTI's
- ☐ Vaginal Atrophy

Mental Health

- ☐ Mood swings
- ☐ Anxiety
- ☐ Irritability
- ☐ Depression
- ☐ Panic attacks
- ☐ Lack of motivation
- ☐ Loss of confidence

Gastrointestinal

- ☐ Weight gain
- ☐ Bloating
- ☐ Digestive changes
- ☐ Acid reflux
- ☐ Heartburn
- ☐ Nausea

Cognitive & Neurological

- ☐ Memory lapses
- ☐ Poor concentration
- ☐ Brain fog
- ☐ Headaches
- ☐ Fatigue
- ☐ Disturbed sleep
- ☐ Insomnia

Joint & Muscle Changes

- ☐ Joint pain
- ☐ Muscle tension
- ☐ Osteoporosis
- ☐ Heart palpitations
- ☐ Coronary heart disease

Mouth Problems

- ☐ Burning mouth
- ☐ Taste disturbance
- ☐ Teeth strength
- ☐ Dry mouth

Skin Hair & Nails

- ☐ Itchy skin
- ☐ Changes in skin texture
- ☐ Dry skin
- ☐ Hair loss
- ☐ Brittle nails
- ☐ Acne

Sensory Changes

- ☐ Electric shocks
- ☐ Tingling Extremities
- ☐ Changes in smell

Other Symptoms

- ☐ Allergies
- ☐ Sagging breasts
- ☐ Changes in breast size
- ☐ Worsening PMS
- ☐ Dry eyes
- ☐ Breathing difficulties
- ☐ Decreased libido