
Menopausal Militia's

Peri-Menopause and Menopause Symptom Checklist

Use this comprehensive checklist as a way to gather your thoughts and record your experiences before engaging your primary care physician and/or OB/GYN in a detailed conversation about this major life transition. The symptoms on this list are not exclusive to peri-menopause / menopause and could be indicators of other unrelated minor or serious health issues. Please practice good self-care and open a discussion with your healthcare professional soon. And visit us at www.menopausal militia.com

Mental / Emotional

- Mood swings
- Anxiety
- Panic Attacks
- Depression
- Irritability
- Anger / Rage
- Stress in all its forms
- Fatigue
- Lethargy
- Brain fog
- Lack of focus
- Poor concentration
- Difficulty learning new things
- Memory lapses

Hair / Skin / Nails

- Thinning hair
- Hair loss
- Increased facial hair / whiskers
- Thinning skin
- Crepey skin
- Chronically dry skin
- Clammy skin
- Crawling / itchy skin
- Tingling / numbness / pins and needles sensations
- Electric shock sensations
- Increased bruising
- Change in body odor
- Thin / weak nails
- Brittle nails

Oral / Aural

- Bleeding gums
- Dry mouth
- Bitter taste
- Metallic taste
- Chronic bad breath
- Mouth ulcers
- Burning tongue sensation
- Burning roof of mouth sensation
- Frequently blocked Eustachian tube(s)
- Tinnitus (ringing in the ears)

Musculoskeletal

- Headaches / Migraines
- Muscle tension
- Muscle aches
- Joint pain
- Bone loss / osteopenia
- Osteoarthritis
- Osteoporosis

Gastrointestinal / Urinary

- Poor digestion
- Bloating
- Nausea
- IBS (irritable bowel syndrome)
- Increased gas / flatulence
- Urinary urgency / increased frequency
- Urinary leaking
- Urinary incontinence
- Bladder infections
- UTI (urinary tract infections)
- Interstitial cystitis

Sexual

- Increased sexual drive
- Decreased sexual drive
- Absolutely no sexual drive
- Decrease / loss of lubrication
- Pain during sex
- Feeling undesirable

Reproductive / Genital

- Sore / tender breasts
- Chronically itchy breasts / nipples
- Increased PMS symptoms
- Light bleeding during period
- Shortened duration of period
- Heavy bleeding during period
- Period pain without a period
- Irregular periods
- Spotting
- Itchy genital area
- Dry genital tissue / vagina
- Pinching sensation of genital tissue
- Pins and needles sensation of genital tissue
- Hyper-stimulated clitoris / hyper-arousal
- Increased possibility of vulvodynia (sensation of burning or rawness)

Systemic / Metabolic / General

- Cold flashes
- Chills
- Hot flashes (30 seconds to 10 minutes duration)
- Night sweats (can occur 7 - 10 years beyond loss of period)
- Sleep disturbance
- Insomnia
- Middle of night waking and insomnia
- Early morning waking
- Weight gain
- New allergies
- Existing allergies worsening
- Dry eyes
- Dizziness / vertigo
- Heart palpitations
- High blood pressure
- Increased susceptibility to Type II Diabetes
- Adrenal fatigue / imbalance