



## MENOPAUSE SYMPTOM CHECKER

Please tick in one of the columns if you are suffering from any of these symptoms

SYMPTOMS	NONE	A LITTLE	SOME	A LOT	COMMENT
Hot Flashes					
Night sweats					
Insomnia , difficulty falling asleep or staying asleep					
Anxiety , panic attacks					
Palpitations					
Irritability					
Low mood , crying spells					
Brain fog					
Emotional lability					
Fatigue					
Joint aches and pains					
Loss of confidence					
Weight gain					
Increase in migraines					
Low sex drive					
Burning mouth syndrome					

Dry skin, dry eyes , dry thin hair , hair loss					
Restless leg syndrome					
Worsening of PMS or depression					
Vaginal dryness, soreness, pain during sex					
Urinary symptoms-urgency, burning sensation when passing urine, frequency, leaking urine when coughing or sneezing					
Periods: heavier, lasting longer, changes in cycle length ie more frequent or spaced out or stopped					

<p>What are your main concerns about HRT and your symptoms?</p>	
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<b>Investigations , Blood tests for menopause ( Serum FSH) if under age 45</b>	
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You can send an e mail to [info@navanimenopauseclinic.com](mailto:info@navanimenopauseclinic.com) if you need further information before booking an appointment.