

Menopause Symptom Checklist



It's important to discuss your symptoms with your GP.

Menopause is a natural process that all women experience at sometime in their lives. To navigate this next stage and provide your GP with helpful information, we've developed a questionnaire for you to take to your appointment. The most common symptoms experienced by women during menopause are included below, along with indicators of severity levels.

Fill out the following questionnaire, take it to your GP, and request a referral to our all-female team at Northside Gynaecology for quality, individualised care.

Menopause Symptom Checklist



Name

First

Last

Symptoms of Menopause

| | Never | Regularly | Frequently | Constantly |
|-------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Irregular periods | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hot flushes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Night sweats | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Vaginal dryness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mood changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Trouble sleeping | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fatigue | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Weight gain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Urinary problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dry or itchy skin | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Decreased libido | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Anxiety | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Heart beating faster than usual | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Memory and concentration problems | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Muscles and joint pain or stiffness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

For the Doctor

This questionnaire is intended as a guide only. If in your professional opinion, you think the patient would benefit from seeing a gynaecologist, just send a referral by fax 07 3054 0497 or Medical Objects and we'll take care of the rest.