Dr Kelly Hankins

Perimenopause & Menopause Symptom Checklist

Fill out at your own pace and take it to your next medical appointment.

Name:

Have you noticed changes to your periods?

- [ ] Periods becoming irregular
- [ ] Periods becoming heavier or lighter
- [ ] Periods lasting longer or becoming shorter
- [ ] Skipping periods or increasingly late periods

Are you experiencing any of these symptoms?

- [ ] Hot flushes
- [ ] Night sweats
- [ ] Trouble sleeping or waking during the night
- [ ] Feeling tired or having less energy
- [ ] Brain fog or difficulty concentrating
- [ ] Forgetfulness
- [ ] Mood changes
- [ ] Feeling anxious
- [ ] Headaches
- [ ] Heart racing or noticeable heartbeats
- [ ] Muscle or joint aches
- [ ] Changes in sexual desire
- [ ] Vaginal dryness or discomfort
- [ ] Pain or discomfort during sex
- [ ] Bladder changes or urinary symptoms
- [ ] Changes in weight or body composition
- [ ] Itchy or dry skin

How are these changes affecting you?

- [ ] Affecting my sleep
- [ ] Making work more difficult
- [ ] Affecting exercise or physical activity
- [ ] Affecting my relationships
- [ ] Affecting intimacy or sex
- [ ] Affecting my mood or emotional wellbeing
- [ ] Making everyday activities more difficult
- [ ] I'm not sure if my symptoms are related to menopause

Is there anything else you would like to discuss with your doctor?

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