

# PERIMENOPAUSE/MENOPAUSE SYMPTOM QUESTIONNAIRE

Perimenopause and menopause symptoms can have a big impact on your daily life.

These symptoms can be different for everyone and you may not have all the symptoms. You can use this form to monitor your symptoms before speaking to your GP about how you feel.

Your menstrual cycle	Y/N	Comments
Changes to your periods		
Your periods have stopped		
Mental health symptoms		
Low mood		
Mood swings		
Irritability		
Anxiety		
Problems with memory or concentration (brain fog)		
Physical symptoms		
Hot flushes		
Night sweats		
Difficulty sleeping		
Heart palpitations (a fast beating, fluttering or pounding heart)		
Headaches and migraines that are worse than usual		
Muscle aches and joint pains		

Physical symptoms	Y/N	Comments
Changed body shape and weight gain		
Skin changes, including dry and itchy skin		
Loss of interest in sex		
Urinary symptoms, such as having a sudden need to wee or needing to wee more often than usual		
Vaginal dryness, irritation, discomfort, burning or itching		
Sensitive teeth, painful gums or other mouth problems		
Fatigue (tiredness, exhaustion or loss of energy)		
Other symptoms		

You can use this form alongside a **seizure diary** to track your epilepsy symptoms.

You can also download the **Balance app** to monitor your symptoms.