



Menopause Symptom Checker

A Whole-Picture Approach to Recognising Menopause-Related Patterns

This checklist reflects some **70+** recognised symptoms across menopause-specialist clinical frameworks. Symptoms are grouped to support pattern recognition rather than isolated assessment. This tool is not diagnostic and is intended to support informed conversations.

Vasomotor & Thermoregulation

Symptom	☐
Hot flushes	☐
Night sweats	☐
Daytime sweating	☐
Chills or shivering	☐
Sudden temperature changes	☐
Cold intolerance	☐
Changes in sweating patterns or body odour	☐

Sleep & Energy Regulation

Symptom	☐
Difficulty falling asleep	☐
Frequent night waking	☐
Early morning waking	☐
Non-refreshing sleep	☐
Daytime sleepiness	☐
Fatigue or lack of stamina	☐
Reduced physical endurance	☐
Slower recovery after activity	☐

Psychological & Emotional Wellbeing

Symptom	☐
Mood swings	☐
Anxiety	☐
Panic attacks	☐
Irritability or anger	☐
Low mood or depressive symptoms	☐
Increased tearfulness	☐
Emotional sensitivity	☐
Emotional blunting or loss of joy	☐
Loss of motivation	☐
Feeling overwhelmed	☐
Low self-esteem	☐
Loss of confidence	☐

Cognitive & Neurological

Symptom	☐
Brain fog	☐
Poor concentration	☐
Forgetfulness or memory lapses	☐
Difficulty multitasking	☐
Word-finding difficulty	☐
Reduced attention span	☐
Poor spatial awareness or clumsiness	☐
Headaches or migraines	☐
Dizziness or vertigo	☐
Tingling hands or feet	☐
Electric shock sensations	☐
Restless legs	☐
Crawling skin sensations (formication)	☐

Urogenital Health



Symptom	☐
Vaginal dryness or irritation	☐
Vaginal itching or burning	☐
Painful intercourse	☐
Vaginal bleeding after sex	☐
Vaginal tightness or loss of elasticity	☐
Recurrent thrush	☐
Bladder urgency or frequency	☐
Nocturia	☐
Stress or urge incontinence	☐
Recurrent UTIs	☐

Sexual Health & Intimacy

Symptom	☐
Reduced libido	☐
Difficulty with arousal	☐
Reduced vaginal lubrication	☐
Painful orgasm	☐
Reduced sexual satisfaction	☐
Changes in sexual responsiveness	☐

Musculoskeletal & Pain

Symptom	☐
Joint pain	☐
Joint stiffness	☐
Muscle aches	☐
Increased pain sensitivity	☐
Reduced flexibility	☐
Bone or joint weakness	☐

Cardiovascular & Respiratory



Symptom	☐
Palpitations	☐
Shortness of breath	☐
Exercise intolerance	☐
Blood pressure changes	☐
Cholesterol changes	☐

Skin, Hair, Eyes, Mouth & Sensory

Symptom	☐
Dry skin	☐
Itchy skin	☐
Skin thinning or loss of elasticity	☐
Skin ageing or loss of collagen	☐
Hair thinning or loss	☐
Brittle nails	☐
Dry eyes	☐
Blurred vision	☐
Dry mouth	☐
Burning mouth sensations	☐
Altered or metallic taste	☐
Gum or dental issues	☐
Breast tenderness or changes	☐
Tinnitus	☐

Digestive, Metabolic & Immune

Symptom	☐
Bloating	☐



Symptom	☐
Digestive changes (IBS-type symptoms)	☐
Weight gain or redistribution	☐
Fluctuating appetite	☐
Sugar cravings	☐
Worsening allergies	☐
Autoimmune flare-ups	☐
Delayed recovery from illness or injury	☐

Clinician Explainer

This symptom checker is designed to support pattern recognition in patients experiencing possible perimenopausal or menopausal transition. Many menopause-related symptoms present gradually and across multiple systems, often leading to fragmented clinical discussions. By viewing symptoms collectively, this tool aims to assist clinicians in considering menopause earlier within differential diagnosis, supporting timely, appropriate investigation and management.

The checklist does not replace clinical judgement but may improve clarity, consultation dialogue, and patient confidence.

