

Menopause Symptom Checklist

Prepared by the Midlife and Menopause Society of Zambia

A simple guide to help you recognise and track symptoms during perimenopause and menopause

Menopause can affect many areas of physical and emotional wellbeing. Symptoms vary from person to person and may change over time.

Use this checklist to identify symptoms you are experiencing. You may wish to take your completed checklist to a healthcare professional to discuss your symptoms and possible treatment or support options.

How to use this checklist

Tick [x] next to any symptoms you have experienced recently.

Physical Symptoms

Menstrual & hormonal changes

- ☐ Changes in menstrual cycle or periods becoming irregular
- ☐ Heavier or lighter periods than usual
- ☐ Missed periods
- ☐ Hot flushes
- ☐ Night sweats
- ☐ Feeling unusually hot or cold
- ☐ Chills

Sleep & energy

- ☐ Difficulty falling asleep
- ☐ Waking during the night
- ☐ Waking earlier than usual
- ☐ Poor-quality or unrefreshing sleep
- ☐ Daytime tiredness or fatigue
- ☐ Low energy

Physical changes

- ☐ Headaches or migraines
- ☐ Dizziness or light-headedness
- ☐ Palpitations or awareness of heartbeat
- ☐ Joint or muscle aches
- ☐ Muscle tension
- ☐ Changes in weight or body shape
- ☐ Reduced muscle strength
- ☐ Breast tenderness
- ☐ Skin dryness or itching
- ☐ Dry or thinning hair
- ☐ Increased facial hair or other hair changes

Bladder, vaginal & sexual symptoms

- ☐ Vaginal dryness
- ☐ Vaginal irritation or discomfort
- ☐ Pain or discomfort during sex
- ☐ Reduced sexual desire
- ☐ Changes in sexual response
- ☐ Increased urinary frequency or urgency
- ☐ Recurrent urinary tract infections
- ☐ Urinary leakage

Emotional & Cognitive Symptoms

Mood & emotions

- ☐ Irritability or feeling easily frustrated
- ☐ Mood swings
- ☐ Feeling anxious or worried
- ☐ Feeling low or sad

- ☐ Tearfulness
- ☐ Feeling overwhelmed
- ☐ Reduced confidence or self-esteem
- ☐ Loss of interest or enjoyment in usual activities

Thinking & concentration

- ☐ Difficulty concentrating
- ☐ Forgetfulness
- ☐ "Brain fog"
- ☐ Difficulty finding the right words
- ☐ Difficulty making decisions
- ☐ Feeling mentally slower than usual

Wellbeing

- ☐ Feeling less able to cope with everyday demands
- ☐ Increased sensitivity to stress
- ☐ Reduced motivation
- ☐ Changes in confidence at work or socially
- ☐ Feeling unlike your usual self

My Symptoms

Which symptoms affect you the most?

When did you first notice these symptoms?

How much do your symptoms affect your daily life?

- ☐ Not at all

- ☐ A little
- ☐ Moderately
- ☐ Quite a lot
- ☐ Severely

Anything else I would like to discuss with my healthcare professional:

Remember

Menopause symptoms can be different for everyone. Not every symptom is caused by menopause, and some symptoms may have other causes. If symptoms are new, severe, persistent, or affecting your quality of life, speak with a qualified healthcare professional.

This checklist is for information and symptom tracking and is not a diagnostic tool or a substitute for medical advice.

