symptom checklist

Menopause is a very personal journey and looks different for all of us. That said, there are many common symptoms.
Use this check list of commonly reported symptoms and tick any that apply to you:

- [ ] hot flushes
- [ ] night sweats
- [ ] vaginal dryness
- [ ] anxiety
- [ ] irregular / heavy periods
- [ ] increased urination urge or UTIs
- [ ] stress incontinence (bladder leakage when you sneeze; cough etc)
- [ ] forgetfulness
- [ ] brain fog / trouble focusing/concentrating
- [ ] depression
- [ ] lack of confidence
- [ ] disrupted sleep
- [ ] joint pain
- [ ] heart palpitations/racing heart rate
- [ ] panic attacks
- [ ] headaches
- [ ] loss of sex drive
- [ ] moodiness / irrational irritability
- [ ] fatigue / tiredness
- [ ] weight gain/bloating, particularly around your belly
- [ ] bloating
- [ ] breast tenderness
- [ ] skin - dry, itchy, acne
- [ ] memory problems

Use this check list to monitor your progress as you make lifestyle changes. It's also a handy tool to take to your doctor to discuss MHT treatment options.

Take control
Feel better
Embrace the change

preparation

Everyone's experience of menopause is different.

The journey you go through will depend on things like medical history, your personal views and philosophies.

Noone should suffer alone - there are treatment options available for most women.

Use this check list and consider the questions below so that you get the best possible treatment for you and your situation.

Other things to consider before seeking help:

Do you experience symptoms at a certain time?
What are the main symptoms you want to address first?
How are they affecting you at home and work?

What is your preference treatment approach?

- complimentary medicine, medical or lifestyle

Do you need to:

- learn more about menopause?
- manage your long term health?
- find support? This can be at home and at work

Anja Lineen is the founder of The Wellbeing Toolkit

Anja is a Menopause and Health Coach and educator as well as Personal Trainer

You can contact Anja at:
anja@thewellbeingtoolkit.com.au
or book a free consult here