

PERIMENOPAUSE / MENOPAUSE SYMPTOMS CHECKLIST



This checklist was created for you to track your symptoms in order to:

- 1) assess worsening symptom
- 2) see if your symptoms are improving
- 3) discuss with your physician.

Created by Dr. Margaret Towolawi
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Lifestyle Medicine Physician

The goal is to have this tool help you manage and discuss your needs during the menopausal transition -- so that YOU are empowered and informed to make the best choices for YOUR body

| | SYMPTOMS | NEVER | SOMETIMES | OFTEN |
|----|--|-------|-----------|-------|
| 1 | Allergies: New allergies or worsening of existing ones. It's hard to quantify this specifically related to menopause. | | | |
| 2 | Anxiety: Overly worried or tense, feeling stressed out, panicky, overwhelmed | | | |
| 3 | Bloating: Swelling in the abdominal area, often caused by gas or fluid. | | | |
| 4 | Body Odor: Alterations in personal scent. | | | |
| 5 | Brain Fog: Difficulty focusing, forgetful, poor word retrieval, easily distracted, feeling out of it | | | |
| 6 | Breast Pain: Tenderness, soreness, or discomfort in the breasts. | | | |
| 7 | Burning Mouth: Sensation of burning in the mouth or tongue. An estimated 10-40% of women may experience this. | | | |
| 8 | Depression: Feeling low or hopeless; loss of interest in things once enjoyed; easily fatigued; increased mood swings; small tasks take great energy; feeling overwhelmed | | | |
| 9 | Difficulty Concentrating: Issues with focus and memory. An estimated 60% of women may experience this. | | | |
| 10 | Digestive Problems: Changes in gastrointestinal function, including gas, indigestion, and nausea. It's hard to quantify this specifically related to menopause. | | | |
| 11 | Dizziness: Feeling unsteady or loss of balance. | | | |
| 12 | Dry Skin: In menopause, the skin loses some ability to hold water, so it can get quite dry. Issues with skin are common in most women at menopause. | | | |
| 13 | Electric Shocks: A brief and usually mild sensation resembling an electric shock under the skin or in the muscles. | | | |
| 14 | Fatigue: Low energy, tire easily especially around abdomen and thighs; feeling bloated | | | |
| 15 | Headaches and/or Migraines: Head pain, often intense or throbbing, sometimes to the point of debilitation; nausea; light and/or noise sensitivity | | | |
| 16 | Heart Palpitations: Racing, skipping, or fluttering heartbeat. | | | |
| 17 | Hot Flashes / Night Sweats: Intense spreading heat, usually across the chest, neck, or face; excessive sweating; racing heart | | | |
| 18 | Incontinence: Urinary leaks when laughing or coughing, loss of bladder control | | | |

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|----|--|-------|-----------|-------|
| 19 | Irregular Periods: Changes in frequency, duration, and flow. Most women will experience this symptom | | | |
| 20 | Irritability: Easily frustrated or angered. It's unclear how many women experience irritability specifically due to menopause. | | | |
| 21 | Itchy Skin: Pruritus or itching skin. An estimated 25-50% of women may experience this. | | | |
| 22 | Joint Pain: Aches, inflammation, and soreness in any joint. An estimated 50-60% of women may experience joint pain. | | | |
| 23 | Low Libido: Diminished sex drive, difficulty feeling aroused | | | |
| 24 | Painful Sex: Vaginal dryness or tightness; burning in the vagina or vulva before, during, or after intercourse | | | |
| 25 | Period Changes: Lighter or heavier blood flow, shorter or longer cycles, entirely skipped cycles | | | |
| 26 | Skin and/or Hair Changes: Dry, itchy, skin; thinning or coarsening hair; new facial hair; appearance of dark spots | | | |
| 27 | Sleep Issues: Difficulty falling or remaining asleep; tossing, turning, or fitful sleep | | | |
| 28 | Urinary Tract Infections (UTIs): Bacterial infection with symptoms that include frequent urination, burning, change in the color or odor of urine, pain in the pelvic region, fever, and/or nausea | | | |
| 29 | Weight Gain: Increased weight, especially around abdomen and thighs; feeling bloated | | | |

Are you looking for doctor to manage your perimenopause or menopause symptoms?
Head to **www.nurturewellcenter.com** to schedule a meet and greet with Dr. Towolawi.

Are you looking for a wellness speaker for your organization or event?
Email **admin@margarettowolawimd.com** to inquire about booking Dr. Towolawi for your event.