

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
Family Medicine Physician
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			

PERIMENOPAUSE / MENOPAUSE

SYMPTOMS CHECKLIST

Created by Dr. Margaret Towolawi
Family Medicine Physician
Lifestyle Medicine Physician



	SYMPTOMS	NEVER	SOMETIMES	OFTEN
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.