

Menopause checklist

The menopause is when your hormone levels drop and your periods stop. You might have other symptoms.

Things to think about when completing this checklist:



Do you have Down Syndrome?

People with Down Syndrome are more likely to go through menopause when they are younger.

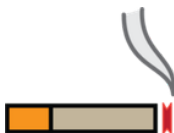


Have you had annual health check?

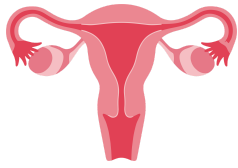
You can speak to your Doctor about your symptoms at your check.



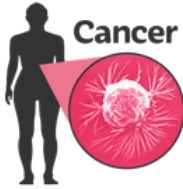
Is there is anyone in your family who had the menopause before they were 40 years old?



Do you smoke?



Have you had your womb or ovaries removed?



Have you had treatment for cancer?

How to fill in this checklist:

Put a tick in the box next to the symptoms you have



Night sweats – feeling warm and sweating when you are in bed at night



Hot flushes – sudden feelings of hot or cold in your face, neck and chest.

Hot flushes can make you dizzy.



Are your periods different?



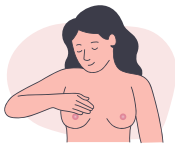
Is there more or less blood?



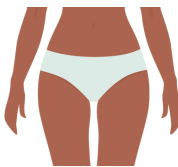
Have your periods stopped?



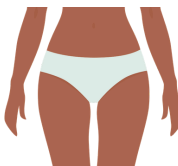
Are you having spotting of blood in between your periods?



Do your boobs feel sore?



Is your vagina painful during sex?



Does your vagina feel itchy?



Do you have difficulty getting pregnant?



Have you put on weight recently?



Are your clothes feeling tighter?



Have you had to buy bigger clothes?



Have you had any recent broken bones?



Have you been going for a wee more often than normal?



Have you recently had infections in your wee?



Has your doctor told you that you have **increased cholesterol** levels?

(too much fat in your blood)



Have you started to grow hair on your face?



Is the hair on your head getting thinner?



Heart palpitations

This is when your heartbeat suddenly becomes more noticeable



Headaches



New pain in your muscles and joints



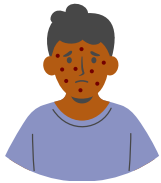
Injuries taking longer to heal



More bruises on your skin



Is your skin more dry or itchy than usual?



Do you have more spots on your skin?



'Brain fog' -

Changes to memory.

Forgetting things.

Finding it hard to concentrate.

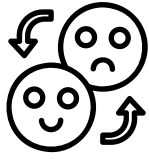


Loss of libido -

Not wanting to have sex, or engage in sexual acts with yourself or others.



Are you worrying more?



Do you have mood swings?



Are you feeling nervous?



Have you been feeling sad?



Have you been crying more often?



Are you finding it more difficult to fall asleep?



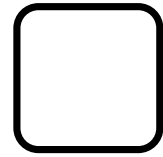
Are you waking up a lot during the night?



Are you feeling more tired than normal?



Are you finding it difficult to concentrate?



What to do next?

If you or your carer think that you have symptoms of menopause you should contact your GP.

Your GP might ask you more questions about your symptoms.



Take this checklist to your appointment.



Your GP might want to take a blood test to check your hormone levels.



If your GP diagnoses you with perimenopause or menopause, there is treatment available to help you with your symptoms.