

MenoPause Symptom Tracker

Take charge of your menopause by tracking symptoms that may be having a negative impact on your life. Check the boxes below and comment on how the symptoms you experience affect daily living and your overall health. Some symptoms may be signs of other health conditions. Be sure to discuss them with a healthcare provider who can help rule out other causes and, if needed, refer you to a menopause specialist.

Physical

Often

Sometimes

Rarely

Never

Hot Flashes and/or Night Sweats				
Period Changes				
Body and Joint Aches				
Fatigue				
Headaches and/or Migraines				
Skin and Hair Changes				
Heart Palpitations				
Dry Eyes				
Dry Mouth and/or Dental Complications				
Weight Gain/Changes in Body Fat Distribution				
Changes in Body Odour				

Cognition & Sleep

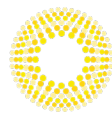
Often

Sometimes

Rarely

Never

Brain Fog				
Sleep Disturbance				
Forgetfulness				
Concentration Issues				
Short-term Memory Challenges				
Poor Word Finding				
Slower Processing Speed				



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Genitourinary & Sexual Health

Often

Sometimes

Rarely

Never

Vaginal/Vulva Dryness, Itching, Burning				
Painful Sex				
Urinary Incontinence/Leaking Urine				
Urinary Urgency				
Urinary Tract Infections (UTIs)				
Low Libido/Sexual Desire				
Sexual Arousal Issues				

Mood & Mental Health

Often

Sometimes

Rarely

Never

Anxiety (Nervous, Stressed)				
Depression				
Low Mood				
Feeling Not Yourself, Low Confidence				
Mood Swings				
Low Motivation or Energy				
Crying Spells				
Panic Attacks				
Irritability				
Anger				

Impact/Notes

Resources used to develop this tool include: The Society of Obstetricians and Gynaecologists of Canada: www.sogc.org/en/en/content/events/HUB-Pages/Menopause.aspx; Canadian Menopause Society: www.canadianmenopausesociety.org/women/; International Menopause Society: www.imsociety.org/for-women/?v=5435c69ed3bc; The Menopause Society: www.menopause.org/patient-education