

## PATIENT (Peri/Post) MENOPAUSE QUESTIONNAIRE

Women experience different symptoms that indicate that they are going through the menopause. Listed are some of the most common symptoms. You may only be experiencing 1 or 2 and by taking a supplement, doing more exercise, drinking more water and watching what you eat, accessing support you may be able to keep them under control. If symptoms are troubling you quite a bit you may need to speak to your Doctor/Nurse. [\(It may be helpful to print out a copy of this questionnaire and take to your GP surgery to start off a conversation with Nurse/GP\)](#)

Please can you indicate if you have any of the following symptoms and how often they bother you. This information will be useful to give to your Doctor/Nurse to offer support/treatment. **(You may have other symptoms that are bothering you that are not on this list – remember to write these on here too)**

**PLEASE INDICATE HOW MUCH YOU ARE BOTHERED BY SYMPTOMS YOU ARE EXPERIENCING BY PLACING A TICK IN THE APPROPRIATE BOX.** If you are ticking 2 and 3 for some symptoms you may need to speak to your Doctor/Nurse )

SYMPTOM	NOT AT ALL	A LITTLE	QUITE A BIT	ALL OF THE TIME	COMMENTS
	0	1	2	3	
<b>Hot Flashes</b> – Your body feels hot and sweaty during the day or night.					
<b>Cold Flashes</b> – Your body feels very cold during the day or night					
<b>Night Sweats</b> – You feel hot or cold and wake up with wet sheets and may need to change nightwear					
<b>Clammy Feeling</b> – skin feels wet and sticky					
<b>Heart Palpitations</b> – heart beat is different to normal and can you feel anxious or worried					
<b>Irritability</b> – Things and people make you angry or annoyed					
<b>Mood Swings</b> - sometimes you feel happy or sad or depressed					

<b>Trouble Sleeping</b> – your normal sleep routine is not as it was					
<b>Irregular Periods</b> – sometimes you have a monthly period, you may miss a month or two or your period has stopped (your period is not happening every month)					
<b>Low Sex Drive</b> – you do not want to have sex as much as you used to or might not want to have sex at all					
<b>Poor Concentration</b> – find it hard to concentrate like you used to					
<b>Brain Fog</b> – forgetting people’s names, forgetting that you have done something, needing to write things down when you did not used to have to do this					
<b>Incontinence</b> – sometimes not getting to the toilet quick enough					
<b>Itchy Crawly Skin</b> – skin becomes itchy on different parts of your body, feels like something is crawling over it					
<b>Achy joints, muscles</b> – joints and muscles ache in the morning when you awake or during the day and you have not done any exercise					
<b>Tense muscles</b> – muscles become tight					
<b>Sore Breasts</b>					
<b>Stomach/bowel issues</b> – stomach and going to the toilet is different					
<b>Bloating</b> - your stomach seems bigger than it was and feels hard. Your favourite jeans don’t fit any more					
<b>Allergies worsen</b>					
<b>Weight Gain</b> – your weight has increased					
<b>Hair Loss/thinning</b>					
<b>More facial Hair</b> – random hairs may appear on your chin, they seem to grow overnight					
<b>Dizziness</b> – you experience dizziness when you have not normally experienced this					

<b>Vertigo</b> – everything is spinning. It is more than just feeling dizzy. Can have blurred vision, hearing problems, sweating or feeling sick.					
<b>Changed body smell</b> – you smell different to normal					
<b>Electric Shock feelings</b> – sharp sensations through parts of your body					
<b>Tingling fingers and toes</b>					
<b>Bleeding gums</b>					
<b>Burning tongue/roof of mouth</b>					
<b>Bad breath</b>					
<b>Osteoporosis</b> – weakend bones, tends to result in fractures					
<b>Weakened Fingernails</b>					
<b>Ringing in ears (tinnitus)</b>					
<b>Vaginal dryness or tearing of the skin around the vagina (also known as Atrophy)</b> . Symptoms can include itching, and can lead to bleeding when wiping after a visit to toilet. Painful Sex.					
<b>ARE YOU TAKING ANY SUPPLEMENTS/MEDICATION OR DOING EXERCISE FOR THE ABOVE SYMPTOMS?</b>					

Most of the symptoms described above are due to your body's oestrogen (hormone) decreasing. Knowing that the above symptoms are part of the menopause helps you to understand what is happening to your body and what you can do to help yourself and know when to consult your Doctor/Nurse for help and advice.

Check out [www.wellbeinginfo.org](http://www.wellbeinginfo.org) (search women's Health or Menopause) for support to self-care with advice on exercise, supplements, talking therapies, support groups, apps, books to read and expert help from websites, Dr Louise Newson, Menopause Doctor or Miss Menopause. **You are not alone – help is there for you**