

PERIMENOPAUSE AND MENOPAUSE SYMPTOM GUIDE

Menopause is a very individual experience and is marked by a spectrum of physical and psychological symptoms. Symptoms vary significantly in duration and severity. Some women may experience greater psychological symptoms than others. The range of physical symptoms experienced is equally varied. This guide can be used to monitor, score and track symptoms in the moment and over time. It may be helpful to bring this with you to your healthcare professional when discussing menopause and menopause support. The CSEAS is available to provide support, especially if symptoms of menopause are affecting your personal relationships, your enjoyment of life and/or your work life.

Symptoms	Not at all (0)	A Little (1)	Quite a bit (2)	Extremely (3)
Difficulty Sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot Flashes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night Sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulties with Concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attacks of Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loss of Confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling Tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling Demotivated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not at all (0)

A Little (1)

Quite a bit (2)

Extremely (3)

Fatigue/Tiredness

Irritability

Low Mood/Feeling Unhappy

Urinary Symptoms

Headaches and Migraines

Tinnitus

Dry Eyes

Changes in your skin
(dryness/itchiness/adult acne)

Hair Loss or Thinning

Loss of Interest in Sex

Vaginal Dryness

Heart Palpitations

Muscle Aches/Joint Pains and
Stiffness

Irregular Periods

Heavy Periods