

## Menopause symptom checker

Symptom checkers are a really useful tool for any conversations you want to have with partners, GP's, colleagues or Managers at work. Understanding what is going on with your body and being honest about all the symptoms that affect you will help provide that platform to start addressing your symptoms and getting the help you need.

	Frequently	Sometimes	I feel like I have	Never
<b>Physical Symptoms</b>				
Hot flushes				
Paresthesia (tingling or pins & needles)				
Night sweats				
Insomnia - dropping off to sleep				
Insomnia - staying asleep				
Joint pains				
Tight or tender muscles				
Fatigue				
Dizziness				
Headaches / Migraines				
Thinning hair				
Itchy Skin				
Brittle nails				
Bloating				
Changes in taste				
Food cravings				
Heart palpitations				
Burning mouth (Tingling, scalding, numbness or burning sensation in the mouth, lips, tongue)				
Irritable Bowel Syndrome				
Electric shock sensation (snap, crackle and pop' under their skin often before a hot flush)				
Allergies suddenly developed				
Bleeding gums				
Acne				
Osteoporosis				
Restless legs				
<b>Sexual wellbeing</b>				
Incontinence / leakage doing certain things				
Vaginal dryness				
Sore breasts				

Weight gain				
Irregular periods				
Flooding - sudden heavy gush of blood				
Low libido				
<b>Psychological Symptoms</b>				
Anxiety				
Depression				
Brain fog				
Feeling irritable				
Mood swings				
Memory lapses				
Panic disorder				
Fatigue				
<b>Lesser known symptoms</b>				
Skin dryness				
Bleeding gums				
Noise sensitivity				
Muffled hearing				
Acid reflux				
Dry eyes				
Anxiety driving				
Body odour - increase or a change				
Loss of concentration				
Others:				

We can support you with your symptoms through our personalised plans based on your individual needs so please get in touch if you want to have a chat:

[hannah@play-not-pause.com](mailto:hannah@play-not-pause.com) or visit our website: [www.play-not-pause.com](http://www.play-not-pause.com)

If medical symptoms persist or you are worried, always get in touch with your GP.