

Menopause Symptom Checker

www.mylahealth.co.uk

MYLA
HEALTH

MENOPAUSE SYMPTOMS	NONE	MILD	MODERATE	SEVERE
Hot flushes and sweats during the day				
Hot flushes and sweats at night				
Disturbed Sleep				
Anxiety				
Lack of energy				
Tiredness				
Irritability and anger				
Feeling low in mood				
Crying more than usual				
Memory loss				
Brain fog				
Difficulty finding words				
Not feeling like yourself anymore				
Muscle aches				
Joint pains				
Dizziness				
Palpitations				
Headaches				
Skin changes				
Hair changes				
Lack of libido (interest in sex)				
Dryness of your vulva/vagina				
Pain in vulva/vagina				
Painful sex				
Burning when you pass urine				
Leaking urine when you cough or sneeze				
Urgency (having very little warning)				
Any other symptoms you'd like to discuss:				