

## The ABCs of Menopause

A modern, easy-to-read checklist of symptoms and changes for perimenopause and menopause.

Use this checklist to track your symptoms. Place a ☒ next to the ones you've experienced in the last 3 months and bring this to your appointment.

### A

- Acid reflux
- Acne
- Anxiety
- Arthralgia
- Arthritis
- Asthma
- Autoimmune disease (new or worsening)

### B

- Bloating
- Belly fat
- Bruising
- Body composition change
- Body odor
- Brain fog
- Breast tenderness/soreness
- Brittle nails
- Burning sensation in mouth
- Burning tongue syndrome

### C

- Chronic fatigue syndrome
- Crawling skin sensation

### D

- Decreased sexual desire
- Dental problems
- Depression
- Difficulty concentrating
- Dizzy spells
- Dry eyes
- Dry skin
- Dry mouth

### E

- Eczema

- Electric shock sensations

## F

- Fatigue
- Fatty liver disease
- Fat accumulation
- Fibromyalgia
- Frozen shoulder
- Forgetfulness

## G

- Gastrointestinal problems
- Genitourinary syndrome
- GERD (worsening or onset)

## H

- Headaches
- Heart palpitations
- High cholesterol/triglycerides
- Hot flashes
- Heat intolerance
- Hirsutism

## I

- Incontinence
- Insulin resistance
- Irregular heartbeat
- Irritability
- Itchy skin
- Itchy ears

## J

- Joint pain

## K

- Kidney stones (new or worsening)

## L

- Lack of motivation
- Loss of desire for intimacy

## M

- Memory issues
- Mental health disorders
- Menstrual cycle changes
- Migraines
- Mood changes
- Muscle loss
- Musculoskeletal pain

## N

- Night sweats
- Non-alcoholic fatty liver disease

## O

- Osteoporosis
- Osteoarthritis

## P

- Pain with intercourse
- Palpitations
- Panic disorder

## Q

- Quick to anger or irritate

## R

- Rage
- Restless legs

## S

- Stress incontinence
- Sarcopenia (muscle loss)
- Sleep apnea
- Sleep disturbances
- Shingles
- Stomach ache

## T

- TMJ
- Thinning hair on scalp
- Thinning skin
- Tingling extremities
- Tinnitus
- Thyroid disorder (new or worsening condition)

## U

- Unwanted facial hair
- Urinary tract infections

## V

- Vaginal dryness
- Vaginal infections
- Vertigo

## W

- Weight gain
- Wrinkles