

MENOPAUSE TRACKER



As stated in NICE guidelines, any woman 45 years plus should be diagnosed for perimenopause based on aspects that are bothering them rather than FSH hormone testing that can be unreliable, as we get older. This is the Greene Climacteric Scale used by many health care professionals.

It's used to make a note of the symptoms you are experiencing, so you can start to become aware of these and notice what triggered them.

Symptom	Yes	No	Details
Anxiety			
Low Mood			
Depression			
Mood Swings			
Crying Spells			
Brain Fog			
Loss of Confidence			
Poor Concentration			
Poor Memory			
Loss of Joy			
Reduced Self Esteem			
Irritability			
Palpitations			
Difficulty Sleeping			
Tired/Lacking Energy			

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Symptom	Yes	No	Details
Headaches			
Painful/Aching Joints			
Hot Flushes			
Night Sweats			
Changes to Periods			
Vaginal Symptoms			
Urinary Symptoms			
Loss of Libido			
Feeling Dizzy/Faint			
Dry Eyes/Ears			
Oral Health Changes			
Thinning Hair			
Dry/Itchy Skin (Formication)			
Tinnitus			
Restless Legs			
Change to Body Odour			
Increased Allergies			
Digestive Issues			