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| --- | --- | --- | --- | --- | --- | --- | --- |
| **VMS vasomotor symptoms:** | Hot flushes | How often? | Night sweats | How often? |  |  |  |
| **General:** | Disturbed less refreshing sleep or insomnia | Extreme tiredness (fatigue) | Joint pains and stiffness (especially in the early morning).  | Palpitations | Itchy skin (formication). In patches or all over.  | More migrainesorheadaches | Muscle aches, leg cramps. |
| **GSM bladder and pelvic floor problems:** | Recurrent cystitis (burning pain when you wee) | Needing to wee more often (frequency) | Nocturia (up at night to wee). How often? | Needing to get to toilet in a hurry (urgency) | Not making it to the toilet in time (urge incontinence) | Stress incontinence (weakened pelvic floor so that you wee when you sneeze, laugh or cough) | Prolapse (lump coming down) ORfeeling of dragging in the pelvis  |
| **GSM sexual problems:** | Reduced libido | Dry sore vagina causing soreness during SI | Itchy vulva and vagina (not thrush) | Difficulty with arousal/not pleasurable |  |  |  |
| **Body changes:** | Putting on weight around the tummy | Hairy chin | Thinning of hair on head | Dry hair | Skin more oily and more wrinkles | Nails more brittle |  |
| **Emotional changes:** | Mood swings for no apparent reason | More emotional | Irritable | Low mood or feeling down | Feeling anxious or panic attacks  | Loss of self-esteem and loss of self-confidence | Feeling that you have lost who you were |
| **Brain function/****brain fog:**  | Can’t find the words | Poor memory | Poor concentration | Difficulty making decisions | Difficulty focusing on complex issues | Some people think they “are going mad” |  |
| **Difficulty coping with:** | Work | Family  | Relationships |  |  |  |  |

NAME:.……………………………………………………………………………………….

Date of Birth:………………………………………………………………………………