

PERI/MENOPAUSE

Symptoms Tracker

There are 30+ symptoms of peri/menopause.
Don't cry. Get informed and take action.

This tracker highlights some of the most common symptoms
from night sweats to hair loss, from insomnia to low libido.

Use it to empower your next conversation
with your healthcare provider.

VASOMOTOR	DAILY	WEEKLY	MONTHLY	NEVER
HOT FLASHES: Symptoms vary, characterized by sudden heat sensations, night sweats, blood pressure changes, and rapid heartbeats				
NIGHT SWEATS: Severe episodes of sweating occurring during sleep, often enough to soak through your pajamas and bedding				

MENTAL HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
ANXIETY: Intense or persistent state of fear, tension, or worry				
BRAIN FOG: Forgetfulness and problems focusing, concentrating, and paying attention				
DEPRESSION: Persistent mood swings, persistent sadness, lack of energy, difficulty concentrating, & loss of interest in previously enjoyed activities				
MOOD SWINGS: Rapid or significant shifts in emotional state, moving quickly between feeling upbeat to feeling sad, irritable or angry				
RAGE: Sudden, intense bouts of anger that may seem disproportionate to the situation at hand				

SLEEP HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
INSOMNIA: Frequent difficulty falling or staying asleep that impacts a person's life in a negative way; it is considered chronic at 3+ months				
PERIODIC MOVEMENT LIMB DISORDER: Repetitive twitching or jerking of the legs, typically in the lower limbs, every 20 to 40 seconds, at night				
RESTLESS LEG SYNDROME: Uncomfortable sensations in the legs, accompanied by an irresistible urge to move one's legs				
OBSTRUCTIVE SLEEP APNEA: Pauses in breathing or periods of shallow breathing or cessations of breathing during sleep				

SEXUAL HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
LOW LIBIDO: Less or no interest in any type of sexual activity, including masturbation. Sad/concerned about lack of sexual activity or fantasies.				
PAINFUL SEX: Dryness, tightness, or acute pain during sex. Following intercourse, some women may encounter vaginal soreness or burning.				
VAGINAL DRYNESS: Irritation, itching, a decrease in sexual desire, bleeding after intercourse, and frequent urinary tract infections				

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MENTRUAL CYCLE	REGULAR	ERRATIC	365 DAYS GONE
PERIOD CHANGES: Irregular periods, lighter and heavier flows, erratic and fluctuation timing, shorter, longer or missed monthly cycles			

OVERALL BODY HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
DRY EYES: Visual discomfort visual disturbance, such as blurry vision, burning, itchiness, redness, tired eyes, and light sensitivity				
FROZEN SHOULDER SYNDROME: Shoulder becomes stiff, and movement starts to cause pain, gradually becoming more limited, then immobile				
HEART PALPITATIONS: Rapid beats, fluttering, or pounding heart, usually benign and short-lived, often resolving within a few seconds to minutes				
MUSCLE & JOINT PAIN: Persistent dull aching, a sudden sharp twinge, or even a shooting pain; stiffness in the joints is another common symptom				
SORE BREASTS: Tender or sore breasts, some women experience a sharp or throbbing pain				
WEIGHT GAIN/FLUCTUATION: Unexplained weight gain, decreased metabolism and decrease in muscle mass.				

ABDOMINAL & PELVIC HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
CRAMPS: Intense pain in abdominal area, similar to cramps associated with one's menstrual cycle				
NAUSEA: Mild or severe uneasy stomach, and in many cases, is accompanied by vomiting or the feeling that you need to vomit				
URINARY STRESS INCONTINENCE: Urine leakage during physical activities like coughing, sneezing, laughing, or exercising				
URGE INCONTINENCE (OVER ACTIVE BLADDER): A sudden, intense urge to urinate followed by involuntary loss of urine; triggered by sound of running water, quick change in positions or even occurrences during sleep				
URINARY TRACT INFECTION (UTI): Persistent urge to urinate, burning when urinating, cloudy/strong-smelling urine, pelvic area discomfort				

HAIR & SKIN HEALTH	DAILY	WEEKLY	MONTHLY	NEVER
ACNE: Inflammatory & non-inflammatory lesions, including whiteheads, blackheads, pustules, and deeper cysts; mainly lower face (jaw and chin)				
BODY ODOR: Shift in your natural scent, often intensifying and a more pronounced body odor smell				
DRY SKIN: Drier, thinner, and less elastic skin; consequently, the skin becomes more sensitive, prone to irritation, and more likely to sag				
HAIR LOSS: Overall hair thinning on the front, sides, or top of the head; hair may also fall out in large clumps during brushing and showering				

YOU SHOULD NOT RELY ON THIS INFORMATION AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT. IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR HEALTH OR THIS CONTENT, YOU SHOULD ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT DISREGARD, AVOID OR DELAY OBTAINING MEDICAL OR HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF THIS DOCUMENT. THE USE OF ANY INFORMATION PROVIDED BY HOTPAUSE HEALTH IS SOLELY AT YOUR OWN DISCRETION.