

Menopause Symptom assessment

The following websites contain videos and information on perimenopause, HRT, Breast cancer among a wide range of relevant topics. The questionnaire will help identify areas of concern and reviewing the website might answer some of your questions.

www.icgpnews.ie/menopause-patient-information

www.balance-menoopause.com

www.menopausematters.co.uk

www.womens-health-concern.org

Please tick the appropriate box according to symptoms

0 - Not troubled at all 1- mildly troubled 2 - moderately troubled 3 - severely troubled

	0	1	2	3
General problems:				
Day-time sweats flushes				
Night-time sweats flushes				
Unable to sleep				
Headaches				
Tiredness				
Loss of energy				
General aches and pains				
General itchiness				
Formication (feeling of something crawling over you)				
Functional problems:				
Tearfulness				
Depression				
Feeling of unworthiness				
irritability				
Anger				
Bitterness				
Panic attacks				
Palpitations				
Aggression				
Bladder problems:				
Daytime frequency				
Urgency				
Urge incontinence (leakage if you don't get there on time)				
Night-time frequency				
Bed wetting				
Sexual problems:				
Vaginal dryness/soreness				
Vaginal itching				
Soreness/pain with intercourse				
Bleeding with intercourse				
Loss of libido (sex drive)				
Difficulty achieving orgasm				

Personality problems:				
Loss of memory				
Loss of concentration				
Inability to cope				
Feelings of personality disintegration				
Period problems:				
Periods much lighter				
Periods much heavier				
Irregular bleeding between periods				
New bleed after 1 year after periods have stopped				