



NATIONAL
MENOPAUSE
FOUNDATION

NATIONAL MENOPAUSE FOUNDATION MENOPAUSE SYMPTOM CHECKLIST

To help women on their journey to and through menopause, the **National Menopause Foundation (NMF)** has created this checklist of menopause symptoms comprised of a broad range of both physical and psychological changes that women might experience during perimenopause, menopause, and post-menopause. These symptoms can vary widely among women, both in terms of which symptoms they experience and the severity & duration of those symptoms. *In addition to this checklist, more details & descriptions of symptoms may be found on the **NMF website**.* The **NMF Menopause Symptom Checklist** is an educational resource tool for use as a discussion guide for you and your healthcare provider to decide how to best address and manage your health needs during menopause.

AGE AT ONSET OF SYMPTOMS _____

SYMPTOMS EXPERIENCED	FREQUENCY	SEVERITY
<p>ACNE</p> <p>Hormonal changes during perimenopause can lead to a variety of skin challenges, including adult acne. <i>An estimated 25% of women in their 40s experience adult acne.*</i></p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>ALLERGIES</p> <p>New allergies or worsening of existing ones. It's hard to quantify this specifically related to menopause.</p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>ANXIETY</p> <p>Excessive worry or fear. <i>An estimated 25% of women experience increased anxiety.*</i></p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>BLOATING</p> <p>Swelling in the abdominal area, often caused by gas or fluid.</p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>BODY ODOR</p> <p>Alterations in personal scent.</p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>BREAST PAIN</p> <p>Tenderness, soreness, or discomfort in the breasts.</p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>BRAIN FOG OR MEMORY LAPSES</p> <p>Forgetfulness and/or temporary amnesia. <i>An estimated 60% of women may experience memory lapses.*</i></p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>
<p>BRITTLE NAILS</p> <p>Nails become weak and break or peel easily. This is often due to aging rather than menopause itself.</p>	<p><input type="radio"/> rarely <input type="radio"/> frequently</p> <p><input type="radio"/> sometimes <input type="radio"/> constant</p>	<p><input type="radio"/> mild</p> <p><input type="radio"/> moderate</p> <p><input type="radio"/> severe</p>

BURNING MOUTH

Sensation of burning in the mouth or tongue. *An estimated 10–40% of women may experience this.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

DEPRESSION

Persistent sadness, anxiety, or emptiness. *An estimated 20–30% of women experience depression during menopause.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

DIFFICULTY CONCENTRATING

Issues with focus and memory. *An estimated 60% of women may experience this.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

DIGESTIVE PROBLEMS

Changes in gastrointestinal function, including gas, indigestion, and nausea. It's hard to quantify this specifically related to menopause.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

DIZZINESS

Feeling unsteady or loss of balance.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

DRY SKIN

In menopause, skin loses some ability to hold water, so skin can get quite dry. Issues with skin is common in most women at menopause.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

ELECTRIC SHOCKS

A brief and usually mild sensation resembling an electric shock under the skin or in the muscles.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

FATIGUE

Extreme tiredness or lack of energy. *An estimated 80% of women experience fatigue.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

HAIR LOSS OR THINNING

This can occur on the head or body.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

HEADACHES

Frequent or severe headaches. *An estimated 45–55% of women may experience an increase in headaches.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

HOT FLASHES

Sudden feelings of heat, which can cause sweating and redness. *An estimated 75% of women experience hot flashes during menopause.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

INCONTINENCE AND BLADDER ISSUES

Difficulty controlling urination. *An estimated 40% of women experience incontinence.** There is also an increase in Urinary Tract Infections (UTI) during the menopausal transition.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

IRREGULAR HEARTBEAT

Heart rhythm disturbances, palpitations, or increased heart rate. *An estimated 25–50% of women may experience this.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

IRREGULAR PERIODS

Changes in frequency, duration, and flow. Most women will experience this symptom.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

IRRITABILITY

Easily frustrated or angered. It's unclear how many women experience irritability specifically due to menopause.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

ITCHY SKIN

Pruritus or itching skin. *An estimated 25–50% of women may experience this.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

JOINT PAIN

Aches, inflammation, and soreness in any joint. *An estimated 50–60% of women may experience joint pain.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

LOSS OF LIBIDO

A decreased desire for sexual activity. An estimated 20–40% of women experience this.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

MOOD SWINGS

Sudden and extreme changes in mood. *An estimated 10–20% of women experience mood swings.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

MUSCLE TENSION

Tightness or discomfort in the muscles. It's unclear how many women experience this due to menopause.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

NIGHT SWEATS

Similar to hot flashes, but occurring at night, often disrupting sleep. *An estimated 75–85% of women experience night sweats.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

OSTEOPOROSIS

A condition that weakens bones, making them fragile and more likely to break. This generally occurs in postmenopausal women, and *an estimated 30% of all postmenopausal women in the United States have osteoporosis.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

PANIC DISORDER

Sudden attacks of fear or panic. *An estimated 10% of women may experience this.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

SLEEP DISORDERS

Difficulty falling asleep, staying asleep, or waking up too early. *An estimated 40–60% of women experience sleep disorders.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

TINGLING EXTREMITIES

“Pins and needles” sensation or numbness in hands, feet, arms, and legs. It’s unclear how many women experience this specifically due to menopause.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

VAGINAL DRYNESS

A lack of natural lubrication in the vagina, which can cause discomfort. *An estimated 40–60% of women suffer from vaginal dryness.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

VISION CHANGES AND DRY EYES

After menopause, some women report chronically dry and scratchy eyes, often along with light sensitivity, blurred vision, increased tearing, or swollen or reddened eyelids. *An estimated 60% of perimenopausal and menopausal women are affected by dry eye syndrome.**

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

WEIGHT GAIN

Particularly around the abdomen. Most women will experience some degree of weight gain.

- rarely frequently
 sometimes constant

- mild
 moderate
 severe

NOTES



**These statistics are broad estimates and may vary depending on the demographic and lifestyle factors of the population studied. Additionally, not all symptoms are exclusively caused by menopause, as aging and other health conditions can also contribute to these changes. Always consult with a healthcare provider for any health concerns.*

Special thanks to Astellas for their support in the development of the NMF Menopause Symptom Checklist.