Name/Birthday _____ Month/Year _____

ellenDOLGEN.com

Ellen Dolgen's Menopause Symptoms Chart

This chart is designed to be a guide that helps you explain your symptoms to a menopause specialist. Fill out the chart every day! This will make it easier for a doctor to create your individualized treatment plan. Go to EllenDolgen.com and sign up for the free Newsletter to receive the latest information on menopause and women's health.

How Hot Are Your Symptoms? **S**–Small Problem **M**–Medium Problem **L**–Large Problem **Blank Square**–Not a Problem

Day of the month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
PERIOD																															
Spotting																															
Light																															
Medium/Typical																															
Heavy																															
MENTAL/EMOTIONAL																															
Memory Loss																															
Mood Swings																															
Depression																															
Withdrawn/Antisocial																															
Anxiety																															
Overwhelmed																															
Weeping/Crying/Sobbing																															
Grumpy																															
Bursts of Anger/Violent																															
Loss of Libido																															
PHYSICAL																															
Hot Flashes or Flushes (Day)																															
Night Sweats																															
Insomnia																															
No Energy/Exhausted																															
Dry, Papery Skin																															
Hair Loss																															
PMS-like Bloating																															
Sore/Swollen Breasts																															
Increased Chin Whiskers																															
Pimples/Acne																															
Deepening Voice																															
Migraine																															
Heart Palpitations																															
Weight Gain																															
Stiffness/Aches Pains																															
Bladder Issues																															
Vaginal Discharge																															
Vaginal Dryness																															
Painful Sex																															
OTHER																															

SUFFERING IN *silence* IS OUT! *reaching* OUT IS IN!