

## Menopause after Cancer Symptom Checklist

Determining whether symptoms stem from cancer treatment or menopause can be challenging. Use this checklist to monitor symptoms, facilitating informed discussions with your medical team, and tracking symptoms over time. Consider bringing it to appointments for reference.

Symptom	No	Minimal	Moderate	A lot	Comments
Physical Symptoms					
Fatigue					
Poor sleep					
Irritability					
Feeling faint/ dizzy					
Headaches					
Heart palpitations					
Loss of sex drive					
Vaginal dryness/ pain					
Urinary symptoms					
Hot flushes					
Cold flushes					
Night sweats					
Changes in body odour					
Increased food sensitivities/ allergies					
Digestive issues					

Symptom	No	Minimal	Moderate	A lot	Comments
Bloating					
Heartburn					
Constipation					
Weight gain					
Weight loss					
Hair changes - thinning?					
Skin changes					
Dry skin					
Itchy skin					
Dry eyes					
Brittle nails					
Oral health change					
Burning mouth syndrome					
No periods					
Changes to periods					
Tinnitus					
Muscle pain					
Joint pain					
Restless Legs					

Symptom	No	Minimal	Moderate	A lot	Comments
<b>Psychological symptoms</b>					
Anxiety					
Depression					
Low mood					
Irritability					
Brain fog					
Panic attacks					
Low self esteem					
Difficulty concentrating					
<b>GSM Symptom Checker</b>					
Vaginal and vulval dryness, soreness, pain, irritation, burning					
Vulval skin tearing					
Labia and clitoral shrinking					
Discharge					
Vaginal bleeding					
Bleeding after intercourse, painful intercourse					
Urinary tract infections repeated					
Bladder symptoms, feeling of not being able to empty the bladder fully, leaking, the feeling of needing a wee often					

