



How often do you experience the following?	Not at all	A little	Quite a bit	Extremely
Feeling tense or nervous				
Difficulty sleeping				
Feeling tired or lacking energy				
Difficulty concentrating				
Memory problems				
Feeling low or unhappy				
Increased irritability				
Headaches or migraines				
Aches and pains				
Hot flushes/Night sweats				
Heart pounding or palpitations				
Skin or hair changes				
Weight gain or change in body shape				
Vaginal dryness (itching, soreness)				
Urinary symptoms (frequency infections)				
Reduced libido				

Please note down any other troublesome symptoms below