



MARIPOSA
MENOPAUSE SPECIALISTS

THE CHECKLIST

The Weird Symptom Checklist

74 real symptoms of perimenopause and menopause — including the ones nobody warned you about.

Tap or tick every symptom that sounds like you, then bring this to your appointment. There are no wrong answers — the point is to see the pattern all in one place.

Your Mind ⁽⁷⁾

- ☐ Brain fog
- ☐ Forgetting words mid-sentence
- ☐ Walking into rooms & forgetting why
- ☐ Trouble concentrating
- ☐ Forgetting names & appointments
- ☐ Feeling mentally “slower”
- ☐ New ADHD-like distractibility

Your Mood ⁽⁸⁾

- ☐ Rage out of nowhere
- ☐ Anxiety (new, or suddenly worse)
- ☐ Sudden waves of fear or doom
- ☐ Crying spells
- ☐ Irritability at everyone & everything
- ☐ Feeling “not like yourself”
- ☐ Feeling detached or unreal
- ☐ Loss of joy or motivation

Temperature ⁽⁵⁾

- ☐ Hot flashes
- ☐ Cold flashes
- ☐ Sudden freezing spells
- ☐ Face flushing
- ☐ Sweating with no trigger

Heart & Adrenaline ⁽⁶⁾

- ☐ Heart palpitations

- ☐ Racing heart — even at rest
- ☐ Internal vibrations or shudders
- ☐ Adrenaline surges (often at night)
- ☐ Lightheadedness or dizziness
- ☐ Vertigo

Sleep (7)

- ☐ Trouble falling asleep
- ☐ The 3 a.m. wakeup
- ☐ Night sweats
- ☐ Restless legs
- ☐ Unrested no matter how long you sleep
- ☐ Could-sleep-all-day exhaustion
- ☐ Breathing changes during sleep

Skin, Hair & Nails (8)

- ☐ Itchy skin (especially at night)
- ☐ Crawling-skin sensation
- ☐ Dry or thinning skin
- ☐ New adult acne
- ☐ Hair thinning or shedding
- ☐ New facial hair
- ☐ Brittle nails
- ☐ Slower healing

Eyes, Ears, Mouth & Throat (9)

- ☐ Dry eyes
- ☐ Blurry vision that comes & goes
- ☐ Ringing in the ears (tinnitus)
- ☐ Stuffy or itchy ears
- ☐ Burning mouth or tongue
- ☐ Metallic taste

- ☐ Dry mouth
- ☐ Trouble swallowing / lump in throat
- ☐ New dental problems or bleeding gums

Gut & Body ⁽⁷⁾

- ☐ Bloating for hours after eating
- ☐ Slowed digestion
- ☐ Nausea
- ☐ New food sensitivities
- ☐ Weight gain — especially the middle
- ☐ Body odor changes
- ☐ New allergies or histamine flares

Joints, Muscles & Bones ⁽⁸⁾

- ☐ Joint pain (worst in the morning)
- ☐ Frozen shoulder
- ☐ Foot & heel pain
- ☐ Lower back pain
- ☐ New headaches or migraines
- ☐ All-over muscle aches
- ☐ Electric-shock sensations
- ☐ Strength that seems to vanish

Cycle, Bladder & Sex ⁽⁹⁾

- ☐ Periods changing — heavier or irregular
- ☐ Flooding or clotting
- ☐ PMS that suddenly got meaner
- ☐ Bladder urgency
- ☐ More UTIs than before
- ☐ Vaginal dryness or irritation
- ☐ Pain with sex
- ☐ Libido gone missing

☐ Breast tenderness

If you checked more than a handful, that's a pattern, not a coincidence — and none of it is random. You deserve real answers and a real plan, not a shrug.