

THE PROUD MENOPAUSED · PERI → POST

THE SYMPTOM CHECKLIST

34

Hot flashes are the headline. These are the **other thirty-odd** nobody warned you about — named, in one place, so you can stop wondering if it's all in your head.

it was never in your head →

YOU'RE NOT CRAZY. YOU'RE CHANGING.

When my own menopause hit, I was handed exactly one symptom: hot flashes. So when the rage showed up, and the 3am wake-ups, and the brain fog, and the anxiety from nowhere — I genuinely thought something was wrong with *me*. It wasn't. It was my hormones, doing the biggest shift since puberty, with no manual. This is the manual I wish I'd had: the symptoms people actually experience, named out loud. — Margot

how to use this

Tick every one you recognise. There's no "passing" score — this isn't a diagnosis, it's a map. Then take the page with you to your next appointment. Walking in with your ticks already done turns a rushed ten minutes into a real conversation. A quick honesty note: "34" is the popular shorthand, not a fixed medical count — every woman's list is different, and you may have ones that aren't even here.

A TEMPERATURE & THE BODY'S THERMOSTAT

- ☐ 1 • **Hot flashes.** Sudden waves of heat, flushing or sweating, often around the face, neck and chest.
- ☐ 2 • **Night sweats.** Hot flashes that strike during sleep and leave you (and the sheets) drenched.
- ☐ 3 • **Cold flushes & chills.** The lesser-known flip side — sudden cold or shivering as temperature regulation wobbles.

B SLEEP & ENERGY

- ☐ 4 • **Insomnia & broken sleep.** Trouble falling asleep, staying asleep, or the classic wide-awake-at-3am.
- ☐ 5 • **Fatigue.** A flat, bone-deep tiredness that a normal night's rest doesn't seem to fix.

C MOOD & MIND

- ☐ 6 • **Mood swings.** Feelings shifting fast and out of proportion to what's actually happening.
- ☐ 7 • **Irritability & rage.** A short fuse, or sudden anger over small things. Common, and not a character flaw.
- ☐ 8 • **Anxiety.** New or heightened worry, nervousness or a sense of dread that arrives without a reason.
- ☐ 9 • **Low mood.** Feeling flat, tearful or down. If it's persistent, please talk to a doctor.
- ☐ 10 • **Brain fog & poor concentration.** Losing your thread mid-sentence, struggling to focus on the usual.
- ☐ 11 • **Memory lapses.** Walking into a room and forgetting why; blanking on a familiar name. Usually hormonal, not dementia.
- ☐ 12 • **Loss of confidence.** Feeling less sure of yourself than you used to — often tied to the symptoms above.

D CYCLE & INTIMATE HEALTH

- ☐ 13 · **Irregular periods.** Cycles getting closer, further apart, lighter, heavier — often the first sign of perimenopause.
- ☐ 14 · **Vaginal dryness.** Dryness, itching or discomfort as tissues change with lower estrogen.
- ☐ 15 · **Lower libido.** Reduced interest in sex, or changes in arousal. Very common, rarely discussed.
- ☐ 16 · **Bladder changes & leaks.** Needing to go more often, urgency, or leaking when you cough, laugh or sneeze.
- ☐ 17 · **Breast tenderness.** Sore or tender breasts, often early in the transition as hormones fluctuate.

E HEAD, HEART & NERVES

- ☐ 18 · **Headaches or migraines.** New headaches, or existing ones changing in pattern or intensity.
- ☐ 19 · **Dizziness.** Light-headedness or a feeling of unsteadiness, sometimes alongside other symptoms.
- ☐ 20 · **Heart palpitations.** A fluttering, pounding or skipped-beat sensation. Worth mentioning to a doctor to be safe.
- ☐ 21 · **Tingling extremities.** Pins-and-needles in hands or feet as estrogen affects the nervous system.
- ☐ 22 · **Formication.** The unsettling sensation of insects crawling on the skin, with nothing there.

F MUSCLES, JOINTS & BONES

- ☐ 23 · **Joint aches & stiffness.** New or worsening aches, especially in the morning — sometimes the “frozen shoulder” kind.
- ☐ 24 · **Muscle tension & loss.** Tighter muscles, and muscle that’s harder to keep — the reason strength work matters now.
- ☐ 25 · **Bone-density changes.** Bone is lost faster after estrogen drops — invisible, but why movement & nutrition matter.

G SKIN, HAIR, MOUTH & MORE

- ☐ 26 · **Dry or itchy skin.** Skin feeling drier, thinner or more easily irritated.
- ☐ 27 · **Thinning or changing hair.** Hair thinning on the head, or appearing in new places.
- ☐ 28 · **Brittle nails.** Nails that split, peel or break more easily than they used to.
- ☐ 29 · **Dry mouth & dental changes.** Less saliva, a dry mouth, or more sensitive gums.
- ☐ 30 · **Tinnitus.** Ringing or buzzing in the ears that wasn’t there before.
- ☐ 31 · **Changes in body odour.** A shift in how you smell, linked to sweating and temperature changes.
- ☐ 32 · **Digestive changes & bloating.** Bloating, cramping or a more sensitive gut than usual.
- ☐ 33 · **Weight & body-shape changes.** Shifts in where the body holds weight, often around the middle.
- ☐ 34 · **Allergies & sensitivities.** Old allergies resurfacing or new sensitivities appearing.

so — how many did you tick?

TICKED MORE THAN FIVE?

That's not bad luck, and it's not in your head. It's one hormonal shift — with a name, a reason, and a plan. You've just named your symptoms. The next question is the one this list can't answer: **what does each one actually mean, what helps, and when should you see a doctor?**

THE CHECKLIST NAMES IT. THE DECODER EXPLAINS IT.

This free list did its job: it showed you that what you're feeling is real and has a name. But naming a symptom and *knowing what to do about it* are two different things. Here's exactly what you have — and what's waiting on the other side.

THIS FREE CHECKLIST

- ✓ Names all 34 symptoms
- ✓ Lets you tick what's yours
- ✓ A script for your appointment
- ✓ The "it's not just me" relief

THE DECODER KIT

- What's actually happening in your body, per symptom
- What genuinely helps — realistic, no fads
- The red flags: exactly when to see a doctor
- A sheet that gets you taken seriously

WHAT'S INSIDE THE KIT

- 1 The Doctor-Visit Prep Sheet.** **The one women write to me about.** Tick your symptoms, rate them, walk in with a clear summary — and stop being brushed off.
- 2 The 34-Symptom Decoder.** A full page on every symptom — what it is, why it's happening, what helps, when to get checked, and a note from me.
- 3 The Symptom Tracker.** Log what you feel over a few weeks and watch the patterns appear.
- 4 The interactive web version.** Search any symptom, tick what's yours, build a private summary on any device.

Founding price: \$19 — going up to \$39 when the founding window closes. Instant access.

GET THE DECODER KIT → \$19

YOU DON'T HAVE TO WHITE-KNUCKLE THIS.

However many you ticked — one or twenty — you're not imagining it. The most powerful thing you can do next is turn "I just feel off" into a clear, confident plan. That's the whole job of the Decoder — and right now it's the price of a couple of coffees, before it goes up.

take this to your appointment

- "I've been tracking these symptoms and I think they may be hormonal."
- "I'd like to talk through all my options — including ones we haven't discussed."
- "If this isn't your area, I'd like a referral to a menopause specialist."

YOUR NEXT STEP

GET THE FULL MANUAL — \$19 FOUNDING PRICE

Everything each symptom means, what helps, the red flags, the tracker, the doctor-prep sheet and the interactive version — the complete kit. Founding price ends soon, then it's \$39.

\$19 today — instant access, yours to keep.

YES — GET THE DECODER KIT →