



Menopause Symptom Tracker

A simple guide to help you understand what's changing — and prepare for a clearer, more helpful conversation at your next visit.

FOR PATIENTS • 4-PAGE GUIDE •

1 SYMPTOMS I'M NOTICING

What's been showing up lately?

If you've been feeling unlike yourself, you're not imagining it. Check off anything you've experienced recently.

- | | |
|--|--|
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Disrupted sleep | <input type="checkbox"/> Waking between 2–4 AM |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Brain fog |
| <input type="checkbox"/> Trouble concentrating | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Low mood |
| <input type="checkbox"/> Heavier periods | <input type="checkbox"/> Shorter or longer cycles |
| <input type="checkbox"/> Skipped or irregular periods | <input type="checkbox"/> Headaches or migraines |
| <input type="checkbox"/> Joint stiffness or muscle aches | <input type="checkbox"/> Weight / body composition changes |
| <input type="checkbox"/> Low libido | <input type="checkbox"/> Vaginal dryness |
| <input type="checkbox"/> Discomfort with intercourse | <input type="checkbox"/> Urinary urgency |
| <input type="checkbox"/> Recurrent UTIs | <input type="checkbox"/> Feeling "not like myself" |

2 TRIGGERS

What seems to make symptoms worse?

- | | | |
|--|---|---|
| <input type="checkbox"/> Poor sleep | <input type="checkbox"/> High stress | <input type="checkbox"/> Skipping meals |
| <input type="checkbox"/> Blood sugar crashes | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Caffeine |
| <input type="checkbox"/> Travel | <input type="checkbox"/> Work pressure | <input type="checkbox"/> Caregiving demands |
| <input type="checkbox"/> Lack of movement | <input type="checkbox"/> Overexercising | <input type="checkbox"/> Before my period |
| <input type="checkbox"/> During heavier bleeding | <input type="checkbox"/> I'm not sure yet | |

NOTES

3 MY TOP 3 CONCERNS**If I could only address three things...****1****2****3****4 WHAT I'VE ALREADY TRIED****Supplements, lifestyle changes, medications, apps, diets, advice...**

NOTES — DID ANYTHING HELP?

5 QUESTIONS TO ASK AT MY VISIT**What I'd like to discuss**

- | | |
|---|--|
| <input type="checkbox"/> Am I in perimenopause or menopause? | <input type="checkbox"/> Could something else be contributing? |
| <input type="checkbox"/> Would blood work be helpful? | <input type="checkbox"/> Are my current supplements safe or useful? |
| <input type="checkbox"/> Should I consider HRT? | <input type="checkbox"/> What can help with sleep? |
| <input type="checkbox"/> What can help with hot flashes / night sweats? | <input type="checkbox"/> Help for vaginal dryness or urinary symptoms? |
| <input type="checkbox"/> What should I track between visits? | <input type="checkbox"/> What should I seek care for right away? |

6 DON'T IGNORE THESE

Seek care promptly if you experience:

These symptoms warrant a same-week appointment or urgent care evaluation.

- Bleeding after menopause (12+ months without a period)
- Unexpected bleeding between periods
- New or severe pelvic or abdominal pain
- A new breast lump or concerning breast changes
- Severe depression, thoughts of self-harm, or feeling unsafe
- Bleeding during or after sex
- Very heavy bleeding or feeling lightheaded with bleeding
- Symptoms beginning before age 40
- Chest pain, shortness of breath, fainting, neurological symptoms
- Recurrent urinary symptoms with fever, flank pain, or blood

Ready for more clarity?

Dr. Lisa Tabrizi, ND provides evidence-informed menopause and perimenopause support for patients in Hamilton, Burlington, Oakville, and surrounding communities.

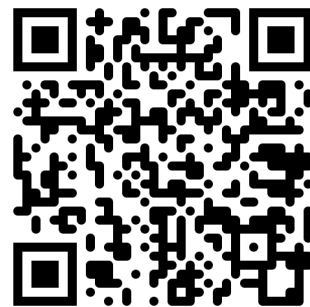
NEXT STEP

Book Your Health Assessment

Bring this completed tracker to your visit — it gives us a head start on the conversation and helps us focus on what matters most to you.

BOOK ONLINE →

SCAN TO BOOK



Scan to book your health assessment