

# Menopause Checklist

## Feeling rotten during the menopause?

Here are some areas that you might want to look at with your doctor. There are many other possible causes of the symptoms associated with the deficiencies and imbalances listed here, including low levels of sex hormones. It is, however, sensible to rule them out, as they can be corrected if they are present.

### Iron deficiency

- Tiredness
- Shortness of breath
- Dizziness/ light-headedness
- Looking pale
- Sore tongue/ cracks in the corners of your mouth
- Heavy menstrual bleeding
- Hair loss

### High blood pressure

- Anxiety
- Headaches
- Vision problems

### B12 deficiency

- Sore tongue
- Mouth ulcers
- Pins and needles
- Lack of balance
- Changes to vision

### Thyroid imbalance

- Changes in energy levels
- Changes in weight balance
- Hair loss
- Anxiety

### Low blood pressure

- Tiredness
- Dizziness/ light-headedness
- Head rush when getting up suddenly from bed or a hot bath
- Cold extremities
- Palpitations

### Vitamin D deficiency

- Tiredness
- Pain in your muscles or joints
- Pain in your bones
- Low mood
- Frequent infections
- Heavy menstrual bleeding