

SURGICAL MENOPAUSE SYMPTOM TRACKER



While many experience few negative symptoms after having an oophorectomy with/without hysterectomy, some may experience additional physical and psychological symptoms while adjusting to surgical menopause. Use this tracker to keep track of your symptoms on a daily basis. Enter 0 = Not occurring at all. 1 = Affecting you a little. 2 = Affecting you a lot. 3 = Symptoms are severe and affecting everyday life/tasks. Use these trackers to take to appointments with doctors to demonstrate your symptoms.

Name:

Month:

Year:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. Heart beating quickly or strongly																															
2. Feeling tense or nervous																															
3. Difficulty in sleeping																															
4. Excitable																															
5. Attacks of anxiety/panic																															
6. Difficulty in concentrating																															
7. Feeling tired or lacking energy																															
8. Loss of interest in most things																															
9. Feeling unhappy or depressed																															
10. Crying spells																															
11. Thoughts about suicide																															
12. Thoughts about self harm																															
13. Irritability																															
14. Feeling dizzy or faint																															
15. Pressure/tightness in the head																															
16. Parts of body feel numb																															
17. Headaches																															
18. Muscle and joint pain																															
19. Loss of feeling in hands/feet																															
20. Breathing difficulties																															
21. Hot flushes																															
22. Sweating at night																															
23. Loss of interest in sex																															
24. Vaginal dryness																															
25. Painful intercourse																															

ADDITIONAL NOTES

