

SYMPTOM PRIORITY WORKSHEET

You do not have to solve everything at once. Pick the change that matters most, describe its impact, and use that as the starting point.

1. WHAT IS BOTHERING YOU MOST RIGHT NOW?

- | | |
|---|---|
| ☐ Hot flashes or night sweats | ☐ Desire, arousal or sexual well-being |
| ☐ Sleep or fatigue | ☐ Vaginal, vulvar or bladder symptoms |
| ☐ Mood, anxiety or irritability | ☐ Headaches, migraine or palpitations |
| ☐ Brain fog or memory concerns | ☐ Skin, hair, eyes or mouth |
| ☐ Weight or body-composition changes | ☐ Treatment safety or side effects |
| ☐ Joints, muscles or everyday aches | ☐ Something else _____ |

2. WHAT WOULD A USEFUL IMPROVEMENT LOOK LIKE?

Write the change you would actually notice in daily life. Examples: fewer night wakings, getting through a meeting without a hot flash, less pain with sex, or enough energy to drive safely.

3. HOW MUCH IS IT AFFECTING YOUR LIFE?

☐ Mild☐ Moderate☐ Severe

What is it affecting?

☐ Sleep☐ Work☐ Exercise☐ Sex/relationships

4. YOUR FIRST PRIORITY

If you could improve one thing first, what would it be?

GO STRAIGHT TO THE RELEVANT CHAPTER

Use your first priority to jump into Menopause Decoded. These routes follow the book's symptom-first structure.

Hot flashes / night sweats

Hot Flashes and Night Sweats

Chapter 5**Sleep / fatigue**

Sleep and Fatigue

Chapter 6**Mood / anxiety / irritability**

Mood, Anxiety and the Shorter Fuse

Chapter 7**Brain fog / memory**

Brain Fog

Chapter 8**Weight / body composition**

Weight and Body Composition

Chapter 9**Joints / muscles / aches**

Joints, Muscles and Everyday Aches

Chapter 10**Sexual well-being**

Desire, Arousal and Sexual Well-Being

Chapter 11**Vaginal / vulvar / bladder**

Vaginal, Vulvar and Bladder Symptoms

Chapter 12**OTHER USEFUL ROUTES****Skin / hair / eyes / mouth → Chapter 14****Treatment choices → Chapter 15****Appointments → Chapter 41****Red flags → Chapter 44**

Use these when your question is choosing care, preparing for a visit, or deciding whether a symptom needs urgent assessment.

WHEN NOT TO USE A WORKSHEET

Sudden or severe symptoms should not wait while you prioritise notes. Seek appropriate medical assessment.