

Menopause Bingo Card

Heavier periods / flooding	Sudden allergies	Periods just stopped	Dry mouth / burning mouth syndrome	Increased facial hair (and in other places)	Personality change
Dry eyes	Night sweats	Memory loss	Hot flushes	Leg cramps	Electric shocks
Palpitations	Sudden sugar intolerance	Severe hip (or other joint) pain	Saying no to things	Severe anxiety	Weight gain
Brain fog / blanking	Intensified ADHD (or a new diagnosis)	Hot feet	Runny nose	Night waking / insomnia	'Understanding your mother'
Worsened lactose intolerance	Hair loss	Sore feet / plantar fasciitis	Liberated from caring what anyone thinks	'Spiderweb'/ skin crawling sensation, itchy skin	Becoming more emotional / crying