

Dena Bradford, MA


IS IT MENOPAUSE

is it hot in here,
or just me?

OR

SOMETHING ELSE ?

Anyone else part of the
3 am club?

A  SYMPTOM
CHECKER TO HELP
YOU UNDERSTAND
YOUR BODY

A roadmap for the midlife
journey

Intro

Dena B.



Mind | Body | Spirit | Psych

Got Blood In Your Veins?

For me, the notion of having blood in your veins means to experience the essence of being human, marked by lived experiences, struggles, and emotions. It signifies authenticity & the capacity to relate to the complexities of life, ultimately connecting us to the shared journey of existence.

I want to meet you for who & where you are in your life journey.

MEDICAL ✨ DISCLAIMER

The information provided here is intended for general informational purposes only and should not be considered medical advice, diagnosis, or treatment. It is not a substitute for professional medical guidance, diagnosis, or care from a qualified healthcare provider. Always consult a licensed physician or other qualified healthcare professional with any questions you may have about a medical condition, treatment options, or overall health. Never disregard or delay seeking professional medical advice because of something you have read here. If you think you may have a medical emergency, contact your doctor or call 911 immediately. Use of this information is solely at your own risk.



Let's jump right in...

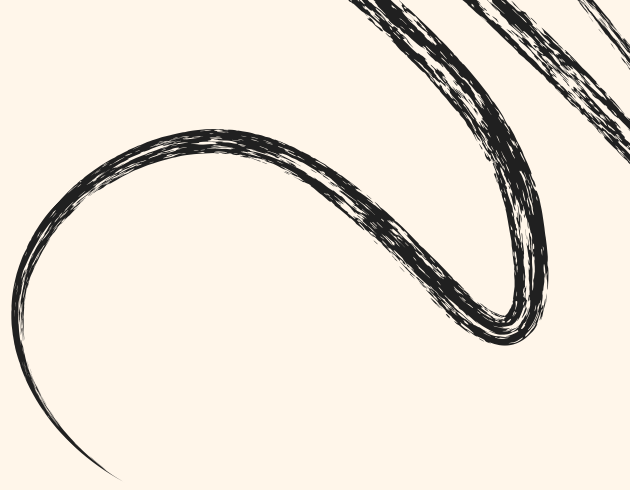
Navigating through (peri) or menopause can feel overwhelming at times, and it's easy to feel unsure about what's going on with your mind and body.

To help make this journey a little smoother, I'm excited to introduce a simple and practical symptom tracker.

This checklist is designed to help you recognize and better understand the common symptoms of menopause, giving you a sense of clarity and helping you feel more in tune with your brain, body, and spirit.

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The Benefits



Here's how it works: the tracker provides a simple checklist of common symptoms associated with menopause, from hot flashes and brain fog to mood changes and sleep disruptions. All you have to do is take a moment to reflect on how you're feeling, mark off what you're noticing, and track any patterns over time. It's designed to be quick, straightforward, and something you can easily fit into your day.

So why use a symptom checklist? First, it helps you identify patterns and triggers. Maybe certain symptoms happen more often at specific times of the month or in response to certain lifestyle factors. This kind of clarity can be empowering because it allows you to make informed decisions about what you need—whether that's adjusting your diet, prioritizing rest, or seeking guidance from your healthcare provider.

The tracker also gives you a sense of control. Menopause can often feel unpredictable, but having a clear record of what you're going through makes it easier to manage and communicate your needs. Whether you're having a conversation with a doctor, a partner, or even just reflecting for yourself, this tool equips you with the information you need to advocate for your well-being.

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MENOPAUSE SYMPTOM CHECKLIST 1

Please note, these symptoms may not be an exhaustive list of all possible symptoms. These symptoms can also be indicative of a variety of health conditions and/or life stages. It is always best to consult with a healthcare professional for appropriate diagnosis and treatment options. If you are experiencing any of these symptoms.

Symptom	Description	Never	Some times	Often
Hot Flashes, Sweating	Episodes of Sweating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Discomfort	Unusual awareness of heart beat, heart skipping, heart racing, tightness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Problems	Difficulty in falling asleep, difficulty in staying asleep, waking up early	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depressive Mood	Feeling sad, down, mood swings, lack of drive, on the verge of tears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	Feeling nervous, inner tension, feeling aggressive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety	Inner restlessness, feeling panicky, feelings of worry or stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Exhaustion	Decrease in performance, energy levels, fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual Problems	Change in sexual desire, in sexual activity and/or satisfaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bladder Problems	Difficulty in urinating, increased need to urinate, incontinence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dryness of Vagina	Dryness or burning in vagina, difficulty with sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint & Muscular Discomfort	Pain in joints, rheumatoid complaints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MENOPAUSE SYMPTOM CHECKLIST 2

Please note, these symptoms may not be an exhaustive list of all possible symptoms. These symptoms can also be indicative of a variety of health conditions and/or life stages. It is always best to consult with a healthcare professional for appropriate diagnosis and treatment options if you are experiencing any of these symptoms.

Symptom	Description	Never	Some times	Often
Thinning Hair	Hair loss, or thinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry Skin	Reduced moisture in skin, leading to drier skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	Unexpected increase in weight gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Problems	Impaired memory, difficulty concentrating, forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irregular Periods	Changes in frequency, duration, or quantity of blood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergies	Increase in allergies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tingling in Extremities	"Pins & Needles" feeling in hands and/or feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Change in Body Odor	Different smell to your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brittle Nails	Nails break or chip more easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestive Issues	Changes in nausea, gas, bloating, bowel movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gum Problems	Increased soreness, redness, bleeding from gums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Conclusion

You've taken the first step toward understanding and supporting your well-being during this important phase of life, and I'm so proud of you for that. The symptom tracker is here to make things easier and give you the clarity and confidence you deserve.

If you haven't already, go ahead and download the checklist and give it a try. It's quick, simple, and designed to fit into your life seamlessly. If you feel that you have a few (or more) of these symptoms, feel free to take a copy to your medical provider and use it as a tool to begin conversations around your menopause journey.

Remember, you're not alone in this journey, and small steps like these can make a big difference.

You've got this, and I'm cheering you on every step of the way!

Dena Bradford