

Symptom Report for Clinical Review

Sarah Born 1979

Period: Jun 28, 2026 – Sep 28, 2026 Logged on 57/93 days

MENOPAUSE RATING SCALE (MRS)

Total	Somato-vegetative	Psychological	Urogenital
15/44 (Moderate)	7/16	7/16	1/12

Assessed Sep 21, 2026. MRS is a validated self-assessment scale (Heinemann et al.).

MOST FREQUENT SYMPTOMS

Symptom	Days	Avg. severity (0–3)
Hot flashes	31	1.4
Night sweats	21	2.0
Irritability	12	2.0
Waking at night	11	2.0
Brain fog	16	1.0
Fatigue	7	2.0
Trouble falling asleep	12	1.1
Anxiety	10	1.0
Joint pain	9	1.0

CYCLE INTERVALS (ACTUAL, BETWEEN PERIOD STARTS)

31d

CURRENT MEDICATIONS / SUPPLEMENTS

Vitamin D (2000 IU), Magnesium glycinate (300 mg)

QUESTIONS FOR DISCUSSION

1. Could my hot flashes and night sweats be related to perimenopause? What options do guidelines recognize for managing them, including hormone therapy?
2. My sleep has been disrupted this often — could this be hormonal, and what approaches are worth discussing?
3. Could my mood, anxiety, or brain fog symptoms be connected to hormonal changes rather than stress alone?
4. Could my physical symptoms (joint pain, palpitations, fatigue) be part of perimenopause?
5. Based on this symptom record, what would you suggest we investigate or discuss first?