

Midlife Symptom Pattern Map

Use this as a conversation-prep sheet, not a self-diagnosis tool.

1. What Changed?

- New constipation
- New diarrhea or urgency
- More bloating or visible distension
- Different pain pattern
- Sleep disruption or night sweats
- New pelvic, urinary, or sex-pain symptoms
- Medication, hormone therapy, supplement, iron, or magnesium change

2. What Should Not Be Filed Under Hormones?

- Blood in stool or black stool
- New unexplained weight loss
- Severe or worsening pain
- Persistent vomiting
- Inability to pass gas or stool
- Dehydration symptoms with diarrhea
- Bleeding after menopause

3. Before The Visit, Write Down

- When the change started:
- Stool pattern:
- Bloating pattern:
- Pain location and severity:
- Sleep or stress overlap:
- Pelvic, urinary, or sex-pain clues:
- Medicines, supplements, hormone therapy, iron, magnesium, or laxatives:
- What still matches your older IBS pattern:
- What feels clearly new: