

## Perimenopause & Menopause Symptom Checker

We now recognise over 60 symptoms of perimenopause and menopause demonstrating the widespread impact of changing sex-hormone levels throughout the body.

It is important to note that not all women will experience all of these symptoms, and individual experiences will vary widely: no two journeys will be the same.

As such, there is also no “one-size fits all” approach to managing symptoms. Everyone will need a unique set of tools in their toolkit.

**Please use this checker to see how many symptoms you recognise now and track how they change with different interventions and over time.**

Symptoms	Not at all 0	A little 1	Quite a bit 3	A lot 3	Comment
Irregular periods					
Changes in menstrual cycle length or flow					
Heavy or prolonged bleeding					
Spotting between periods					
Decreased fertility					
Vaginal dryness					
Decreased lubrication during intercourse					
Pain or discomfort during intercourse					
Changes in libido (sex drive)					
Difficulty feeling aroused (hypoarousal)					
Hot flashes					
Night sweats					
Mood swings					
Irritability					
Anxiety					
Depression					
Fatigue					

Symptoms	Not at all 0	A little 1	Quite a bit 3	A lot 3	Comment
Insomnia					
Difficulty concentrating					
Memory problems					
Decreased stress tolerance					
Joint pain or stiffness					
Muscle aches					
Osteoporosis (in later stages)					
Skin dryness					
Itchy ears					
Dry eyes					
Changes in skin texture or elasticity					
Acne					
Hair thinning or loss					
Changes in hair growth patterns					
Brittle nails					
Palpitations (sensation of rapid or irregular heartbeat)					
Changes in heart rate					
Fluctuations in blood pressure					
Increased risk of heart disease (in later stages)					
Bloating					
Digestive issues (e.g., constipation, diarrhea, indigestion)					
New dietary sensitivities (e.g. gluten, dairy)					
Changes in appetite					
Cravings					
Reduced tolerance to alcohol or allergy to alcohol					

Symptoms	Not at all 0	A little 1	Quite a bit 3	A lot 3	Comment
Urinary frequency or urgency					
Urinary incontinence					
Needing to pass urine at night					
Urinary tract infections					
Recurrent urinary tract infections					
Pelvic floor weakness					
Brain fog (difficulty concentrating or remembering and word-finding)					
Headaches or migraines					
Dizziness or light-headedness					
Tingling sensations (paraesthesia)					
Formication - the sensation of insects beneath the skin					
Vertigo					
Tinnitus					
Sensory sensitivities					
Shortness of breath					
New or worsening respiratory allergies					
Rage					
Emotional instability					
Loss of confidence or self-esteem					
Changes in body image					
Difficulty falling asleep					
Waking up frequently during the night					
Restless sleep					

1. Greene, J. G. (1976) A factor analytic study of climacteric symptoms. *Journal of Psychosomatic Research*, 20, 425–430.

## Have you noticed any other symptoms?

### Other helpful things to consider:

- When did you start your periods?
- How many periods have you had?
- Have you had long spells on contraception that suppresses ovulation?
- How many times have you been pregnant, and did you breastfeed?
- What age did your mum and any female siblings experience symptoms?
- How were they managed?
- Any previous breast problems? Have you had mammograms?
- Any abnormal smears?
- Is there is personal or family history of oestrogen-sensitive cancer (breast, ovarian or womb) or clotting abnormalities (lupus/factor V Leiden)?
- Is there a family history of cardiovascular disease, dementia, diabetes or osteoporosis?
- Do you require contraception?