

Perimenopause Symptoms Checklist

Perimenopause can start showing symptom's from 35 years of age and can last for months to decades. Check or Comment which symptoms you are experiencing, take this checklist to your doctor to see if you eligible for treatment such as HRT or an alternative. Blood tests might not show hormonal changes but a range of symptoms can point to hormonal changes.

Symptom	✓	Symptom	✓
Irregular periods		Sudden crashes in energy	
Heavy periods		Weight gain (especially around the belly)	
Light periods		Struggle to lose weight	
Missed periods		Increased sugar cravings	
Bloating		Shorter or longer bleeding duration	
Hot flashes		Constipation	
Night sweats		Diarrhea	
Chills or cold flashes		Increased food sensitivities	
Breast tenderness		Joint pain	
Water retention/bloating		Muscle aches	
Insomnia		Reduced muscle strength	
Waking up frequently at night		Osteoporosis	
Difficulty falling asleep		Dry skin	
Vivid or disturbing dreams		Sudden Rage or Feeling of Constantly Irritated	
Mood swings		Acne breakouts	
Increased anxiety		Hair thinning or hair loss	
Depression		Increased facial hair growth	
Irritability		Vaginal dryness	
Feeling overwhelmed		Decreased libido	
Loss of motivation		Painful intercourse	
Forgetfulness		More frequent urinary tract infections (UTIs)	
Difficulty concentrating		Increased urgency to urinate	
Trouble finding words		Tinnitus (ringing in ears)	
Mental fatigue		Dizziness or vertigo	
Fatigue		Slow Metabolism	
Frozen Shoulder		Reflux or Heartburn	
Bleeding Gums		Tooth Loss	
Itchy ears		Itchy scalp	
Migraines		Headaches	
Inflammation		Increase in Autoimmune Conditions or worsen symptoms	