



Thank you for signing up for the Menopause Maze Checklist for Perimenopause Symptoms.

Symptoms can vary from woman to woman and can fluctuate over a period of months and years. The severity of symptoms can also vary from quite mild to moderate to quite severe in nature, with a subsequent significant impact on both mental and physical health and quality of life. You can use this list to help illustrate your experiences to your health professional.

Read through the list below and highlight any that reflect your experience.

What age are you?.....

Physical & Psychological Symptoms of Perimenopause	Tick each Symptom you have Experienced and note if it was Mild, Moderate or Severe in its impact on you and your quality of life	How Frequently are you experiencing this symptom? Throughout the day, once a day, occasionally?	When did this symptom start? State how many months/years ago.
Acne/spots			
Anxiety, including feelings of panic			
Breathing difficulties			
Brittle nails			
Burning tongue/mouth			
Difficulty in concentrating, brain fog, struggling to find words			
Difficulty in sleeping			
Dry eyes			
Dry Skin, itchy or crawling skin			
Excitable			
Fatigue			
Feeling cold and chills			
Feeling dizzy or faint			
Feeling tense or nervous			
Feeling tired or lacking in energy			

Feeling low, depressed			
Headache			
Heart beating quickly or strongly			
Hot flushes			
Irregular periods			
Irritability			
Loss of breast fullness			
Loss of concentration			
Loss of confidence			
Loss of interest in most things			
Loss of interest in sex			
Mood changes – anger, irritability, anxiety and depression			
Muscle and joint pains and stiffness			
Night Sweats			
Pain during sexual intercourse			
Parts of body feel numb/tingling			
PMS - worsening			
Pressure or tightness in head			
Sleep problems – difficulty getting asleep, difficulty staying asleep			
Sweating at night			
Tearful, crying episodes			
Thinning hair			
Urinary symptoms – urgency, incomplete			
Vaginal dryness – itching, pain			
Weight gain, slowing of your metabolism			