

Symptoms can vary from woman to woman and can fluctuate over time. The severity of symptoms can also vary from mild to moderate to quite severe in nature, with a subsequent significant impact on both mental and physical health and quality of life. Read through the list below and document any that reflect your experience.

What age are you?.....

When was your last menstrual cycle?.....

Symptoms of Perimenopause	Mark each symptoms you have experienced and note if it was mild, moderate or severe in its impact on your life	How frequently are you experiencing these symptoms; throughout the day, once a day or occasionally?	When did this symptom start?  State how many months ago.
Acne/skin spots			
Anxiety, including panic			
Breathing difficulties			
Brittle nails			
Burning of tongue/mouth			
Difficulty concentrating, brain fog, struggling to find words			
Dry eyes			
Dry, itching or crawling skin			
Overly excitable			
Fatigue			
Feelings cold and chills			
Feeling dizzy or faint			
Feeling tired or lack energy			
Feeling low or depressed			
Headache			
Heart beating quickly			
Hot flashes			

Irregular menstrual cycles			
Irritability			
Itching ears/mouth			
Loss of breast fullness			
Loss of concentration			
Loss of confidence			
Loss of interest in most things			
Loss of interest in sex			
Mood changes			
Muscle and joint pain/stiffness			
Night sweats			
Pain during sex			
Parts of body numb or tingling			
PMS worse			
Pressure or tightness in head			
Sleep problems			
Skin itching/dryness			
Tearful or crying episodes			
Thinning hair			
Urinary symptoms			
Vaginal dryness, itching, pain			
Weight gain, unable to lose			