

## Perimenopause Symptoms Checklist

Name \_\_\_\_\_ Date \_\_\_\_\_

Last Cycle \_\_\_\_\_ Cycle History \_\_\_\_\_

### Mood and Emotional

- \_\_\_\_\_ Anxiety
- \_\_\_\_\_ Depression (new onset or worsening)
- \_\_\_\_\_ Panic attacks
- \_\_\_\_\_ Mood swings
- \_\_\_\_\_ Irritability / Increased frustration
- \_\_\_\_\_ Increased feelings of rage or impatience
- \_\_\_\_\_ Crying spells / Increased tearfulness
- \_\_\_\_\_ Feelings of overwhelm
- \_\_\_\_\_ Difficulty managing stress
- \_\_\_\_\_ Low motivation or apathy
- \_\_\_\_\_ Loss of confidence and self-esteem
- \_\_\_\_\_ Feeling like you're not yourself
- \_\_\_\_\_ Feeling like you're "going crazy"
- \_\_\_\_\_ Social withdrawal / loss of empathy
- \_\_\_\_\_ Intolerance to certain people, situations, or sounds

### Brain and Cognitive

- \_\_\_\_\_ Brain fog
- \_\_\_\_\_ Difficulty concentrating
- \_\_\_\_\_ Short-term memory decline
- \_\_\_\_\_ Difficulty with word retrieval (e.g., "tip of the tongue" moments)
- \_\_\_\_\_ Feeling "scattered" or disorganized

### Sleep

- \_\_\_\_\_ Insomnia (difficulty falling or staying asleep)
- \_\_\_\_\_ Waking frequently
- \_\_\_\_\_ Restless sleep
- \_\_\_\_\_ Restless Leg Syndrome

### Vascular and Thermoregulation

- \_\_\_\_\_ Hot flashes
- \_\_\_\_\_ Night sweats
- \_\_\_\_\_ Cold flashes
- \_\_\_\_\_ Chills
- \_\_\_\_\_ Heart palpitations
- \_\_\_\_\_ Heart racing

### Pelvic and Urogenital

- \_\_\_\_\_ Irregular periods (shorter, longer, lighter, heavier)
- \_\_\_\_\_ Irregular cycles (shorter or longer)
- \_\_\_\_\_ Increased premenstrual cramps
- \_\_\_\_\_ Vaginal dryness and irritation
- \_\_\_\_\_ Painful sex (Dyspareunia)
- \_\_\_\_\_ Atrophic vaginitis (vaginal atrophy) / Genitourinary Syndrome of Menopause (GSM)
- \_\_\_\_\_ Bladder leaks (urinary incontinence)
- \_\_\_\_\_ Urinary tract infections (UTIs)
- \_\_\_\_\_ Urinary urgency or increased frequency
- \_\_\_\_\_ Pelvic floor dysfunction or weakness
- \_\_\_\_\_ Bladder prolapse
- \_\_\_\_\_ Pelvic pain (non-menstrual)

### Sexual Health

- \_\_\_\_\_ Low libido / Decreased sex drive
- \_\_\_\_\_ Difficulty with arousal
- \_\_\_\_\_ Difficulty achieving orgasm

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### Musculoskeletal

- ☐ Joint pain
- ☐ Stiffness (especially in the morning)
- ☐ Muscle aches (Myalgia)
- ☐ Muscle Mass loss (Sarcopenia)
- ☐ Tendon and ligament injury
- ☐ Osteoporosis (long-term impact)
- ☐ Swelling of hands / feet
- ☐ Voice changes: shaky, hoarse, tired (Hormonal Dysphonia)

### Skin, Hair, and Nails

- ☐ Dry skin and itchy skin (Pruritus)
- ☐ Changes in skin elasticity
- ☐ Acne (adult-onset or worsening)
- ☐ Hair loss / thinning / brittle
- ☐ Increase in facial, neck, or chest hair
- ☐ Brittle nails
- ☐ Nausea

### Gastrointestinal

- ☐ Bloating (Belly Bloat)
- ☐ Gas
- ☐ Constipation
- ☐ Diarrhea
- ☐ Acid reflux
- ☐ Indigestion
- ☐ IBS (Irritable Bowel Syndrome) - new onset or worsening

### Oral and Dental

- ☐ Burning mouth syndrome / Burning tongue
- ☐ Dry mouth
- ☐ Metallic taste in mouth

- ☐ Gum problems
- ☐ Tooth decay
- ☐ Tooth sensitivity

### Sensory

- ☐ Dizziness / Lightheadedness
- ☐ Balance issues or altered spatial awareness
- ☐ Electric shock sensations
- ☐ Formication (crawling sensation on or under the skin)
- ☐ Numbness or tingling (Paresthesia) in extremities
- ☐ Tinnitus (ringing in ears)
- ☐ Changes in vision / Blurred vision
- ☐ Dry eyes
- ☐ Heightened or changing sense of smell or taste

### Weight

- ☐ Weight gain (especially around the abdomen)
- ☐ Slowed Metabolism
- ☐ Difficulty losing weight

### Other

- ☐ Fatigue / Low energy
- ☐ Headaches and/or Migraines
- ☐ Breast tenderness / Discomfort
- ☐ Breast enlargement
- ☐ Changes in body odor
- ☐ New or worsened allergies or asthma
- ☐ Widespread burning or soreness