

Talk to your healthcare professional about perimenopause.



@perimenotime

Could it be perimenopause?

A comprehensive checklist to track symptoms and prepare for discussions with healthcare providers.

Why this guide?

Perimenopause affects each person uniquely, but many symptoms are dismissed or misdiagnosed. This list helps you:

- ✓ Identify overlooked symptoms (e.g., tinnitus, "electric shocks").
- ✓ Quantify severity to prioritize treatment.
- ✓ Reduce medical gaslighting with evidence-backed data.

How to Use This List

1. Track for 1–2 months: Note frequency/triggers (e.g., "hot flashes after coffee").
2. Prioritize top 3–5 symptoms impacting your quality of life.
3. Bring your record to your appointment (print this page or use an app like Balance).

The Expanded Symptom List (103+ Symptoms)

Track frequency/severity (✓ = mild, ✓✓ = moderate, ✓✓✓ = severe).

A. Classic Symptoms (Often Recognized)

- Hot flashes
- Night sweats
- Irregular periods
- Vaginal dryness
- Mood swings
- Insomnia

B. Lesser-Known but Common Symptoms

- Neurological: Brain fog, dizziness, tingling limbs, "electric shock" sensations
- Sensory: Dry eyes, metallic taste, itchy skin, tinnitus (ringing ears)
- Psychological: Anxiety, rage, panic attacks, derealization ("feeling unreal")
- Musculoskeletal: Joint pain, muscle twitching, gum pain, brittle nails
- Cardiac: Heart palpitations, blood pressure swings
- Digestive: Bloating, acid reflux, new food sensitivities
- Skin/Hair: Acne, thinning hair, "crepey" skin, rashes

C. Rare but Documented Symptoms

- Burning mouth syndrome
- Phantom smells (olfactory hallucinations)
- Voice changes (hoarseness)
- "Formication" (crawling skin sensation)

(Source: NAMS 2024 Oral/Poster Abstracts, BMJ Open 2021, SWAN Study)

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Talking to Your Doctor

Sample Script:

"I've been tracking my symptoms using research from the North American Menopause Society. I'm experiencing [X, Y, Z], which are affecting my daily life. Can we discuss treatment options, like HRT or lifestyle changes?"

If Dismissed:

"I understand these symptoms are broad, but studies like the 2024 NAMS abstracts show they're linked to hormonal shifts. Can we rule out other causes?"

Treatment Options to Discuss

- Hormone Therapy (HRT): For hot flashes, bone loss, vaginal dryness.
- Non-Hormonal Meds: SSRIs (mood), gabapentin (nerve pain).
- Lifestyle: Phytoestrogens, supplements, stress reduction, strength training.

Could it be perimenopause?

I had to go to multiple doctors before perimenopause was even on the table and even then I had to bring it up and ask for the testing I needed. Understanding what was happening to me changed everything and allowed me to get the treatment I needed to dramatically improve my life. Take control of your journey and your health.

Good luck!

Colette

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