

# What's bothering you?

## PERIMENOPAUSE AND MENOPAUSE SYMPTOM CHECKLIST

Symptoms of perimenopause and menopause are different for everyone. Tick the boxes below to show which symptoms are bothering you. Take this along with you to your next doctor's appointment.

Symptom	Not at all	A little bit	Quite a lot
Hot flushes (feeling waves of heat)			
Sweating at night			
Trouble sleeping			
Muscle and joint pains			
Heart beating strongly or quickly			
Brain fog (difficulty concentrating)			
Forgetfulness			
Less sexual desire			
Dry vagina (causing painful sex)			
Anxiety			
Itchy skin			
Urinary problems			

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Symptom	Not at all	A little bit	Quite a lot
Irregular periods			
Mood changes (feeling unhappy or depressed)			
Weight gain			
* based on the Greene Climacteric Scale (GCS)			

What is perimenopause?	What is menopause?
Perimenopause is the time leading up to menopause, when periods become irregular and hormone levels fluctuate.	Menopause is classed as 12 months after your final menstrual period. Most women reach menopause at an average age of 51 years old.
If symptoms are affecting your quality of life, talk to your doctor	