POWER TO PAUSE™

Perimenopause Symptom Checklist

Notice what you are experiencing. Print, tick and take notes for your GP.

Tick any changes you have noticed. A tick does not mean the symptom is caused by menopause.

Mood, Mind & Cognition

- ☐ Anger & irritability
- ☐ Anxiety
- ☐ Brain fog
- ☐ Concentration difficulties
- ☐ Loss of confidence & self-esteem
- ☐ Low mood & depressive symptoms
- ☐ Memory difficulties
- ☐ Mood swings

Sleep & Energy

- ☐ Fatigue & low energy
- ☐ Insomnia & broken sleep
- ☐ Night sweats

Physical & Sensory Changes

- ☐ Body odour changes
- ☐ Breast tenderness
- ☐ Burning mouth or tongue
- ☐ Crawling skin sensations
- ☐ Dizziness or feeling faint
- ☐ Dry eyes & ears
- ☐ Dry or itchy skin
- ☐ Gum & oral health changes
- ☐ Hair thinning or loss
- ☐ Headaches & migraines
- ☐ Heart palpitations
- ☐ Hot flushes
- ☐ Joint pain & stiffness
- ☐ Muscle aches & stiffness
- ☐ Pins & needles
- ☐ Tinnitus
- ☐ Weight & body shape changes

Periods, Sexual & Pelvic Health

- ☐ Changes in menstrual periods
- ☐ Loss of sexual desire (low libido)
- ☐ Pain during sex
- ☐ Pain or burning when urinating
- ☐ Recurrent urinary tract infections
- ☐ Sleep-related night-time urination
- ☐ Stress urinary incontinence
- ☐ Urge urinary incontinence
- ☐ Urinary urgency & frequency
- ☐ Vaginal dryness
- ☐ Vaginal or vulval irritation & itching
- ☐ Vulval soreness, thinning or splitting

Digestion & Appetite

- ☐ Bloating & digestive discomfort
- ☐ Changes in appetite & cravings
- ☐ Changes in bowel habits

Other Experiences Women Have Reported*

- ☐ Acne & breakouts
- ☐ Brittle nails
- ☐ Changes in food sensitivities or allergies
- ☐ Changes in stress tolerance
- ☐ Frozen shoulder
- ☐ Itchy ears
- ☐ Loss of motivation
- ☐ Muscle mass loss
- ☐ Panic-like symptoms
- ☐ Restless legs
- ☐ Vertigo

Notes for my GP

When did these changes start? _____

How often do they happen? _____

Anything else I have noticed? _____

*These experiences have less certain or less established links with menopause and may have other causes.
This checklist is not diagnostic. Speak to your GP about new, unusual, persistent or worsening symptoms.

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