

# Perimenopause Checklist

## Recognising the signs and knowing when to seek specialist support

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Perimenopause typically begins in your 40s (sometimes earlier) and can last several years before menopause. Use this checklist to identify symptoms and track changes. If you tick several items, consider booking a specialist consultation.

### 1. Menstrual Cycle Changes

Changes to your periods are often the first sign of perimenopause:

- Periods becoming irregular (longer or shorter cycles)
- Heavier periods than usual
- Lighter periods or missed periods
- Spotting between periods
- Periods closer together (less than 21 days apart)
- Periods further apart (more than 35 days apart)
- Increased period pain or cramps

### 2. Vasomotor Symptoms

- Hot flushes (sudden waves of heat, especially face and chest)
- Night sweats (waking drenched in sweat)
- Cold flushes or chills after a hot flush
- Palpitations or rapid heartbeat
- Dizziness or light-headedness

### 3. Psychological and Cognitive Symptoms

- Anxiety (new or worsening)
- Low mood or feelings of sadness
- Irritability or mood swings
- Difficulty concentrating ('brain fog')
- Memory lapses (forgetting words, names, tasks)

- Loss of confidence or self-esteem
- Feeling overwhelmed by tasks you previously managed
- Panic attacks (new or worsening)
- Reduced motivation

## 4. Physical Symptoms

- Sleep disturbance or insomnia
- Fatigue (persistent tiredness despite rest)
- Joint pain, stiffness, or aching muscles
- Headaches or worsening migraines
- Weight gain (especially around the middle)
- Bloating
- Breast tenderness
- Dry or itchy skin
- Hair thinning or changes in texture
- Tingling sensations in hands or feet
- Dry or gritty eyes
- Changes in body odour

## 5. Urogenital Symptoms

- Vaginal dryness or discomfort
- Pain during intimacy
- Reduced libido or changes in arousal
- Recurrent urinary tract infections
- Urinary urgency or frequency
- Stress incontinence (leaking when coughing/sneezing)

## When to Seek Specialist Support

Consider booking a consultation with a menopause specialist if:

- You have ticked 5 or more symptoms above
- Symptoms are affecting your work, relationships, or daily life
- You are experiencing symptoms before age 40 (possible premature ovarian insufficiency)
- You have tried self-management without sufficient improvement

- You want to discuss HRT or other treatment options
- Your GP has been unable to help or you want specialist guidance

## Your Next Steps

1. Complete the Symptom Tracker (available on our website) for 4 weeks to build a clear picture of your symptoms.
2. Book a virtual consultation at **[www.menocarehealth.com](http://www.menocarehealth.com)**
3. Bring this completed checklist and your symptom tracker to your appointment.

*This checklist is for informational purposes and does not constitute medical advice. Perimenopause symptoms can overlap with other conditions. A specialist consultation will provide a personalised assessment based on your individual circumstances.*