


# Perimenopause Symptom Checker



Peri-menopause can last between two and ten years. It is the time when your hormones can become imbalanced and you may experience a wide range of different symptoms.

These symptoms may come and go, and can change throughout your perimenopause journey.

The term 'menopause' is technically the moment that you have not had a period for 12 months. The average age of menopause is 51.



# What is Happening?

You may not have given your hormones a second thought before, but given the rollercoaster you are on right now, it's worth understanding what's happening inside you and its impact.

Progesterone, estrogen and testosterone levels fall rapidly as you stop ovulating as regularly.

Although oestrogen is likely decreasing too, it's falling slower, meaning you can become oestrogen dominant (that's a ratio of too much oestrogen to progesterone).

This is usually what's behind many of the typical symptoms experienced during the transition to menopause.

The stress hormone cortisol can also increase (particularly if you are used to spinning too many plates) making sleep more difficult and leading to changes in weight.

The thyroid comes under increased pressure, and lower levels of thyroid hormones can bring mood changes, weight increases, constipation and a sluggish feeling.

Your hormones work together and when one or more is out of kilter, there is an effect on the others too - which is why people experience so many varied symptoms.

The page over is an example of some of the common symptoms of perimenopause. Use it as a tool to help you diagnose if you are in perimenopause.



# Symptom Checker

Night sweats / hot flushes	
Erratic menstrual cycle	
Stubborn weight gain	
Insomnia	
Bloating	
Cravings	
Headache/migraines	
Overwhelm	
Joint pain	
Fatigue	
Irritability	
Mood swings	
Anxiety	
Depression	
Brain fog	
Change in sex drive	
Dry skin	

genital or urinary symptoms	
Poor quality sleep	
Itching skin	
Dry eyes	
Uncontrolled anger	
Teeth and gum pain	
Lack of motivation	
Change in taste	
Heart Palpitations	
Acid reflux	
Tingling or Pins & Needles	
Loss of confidence	
Panic attacks	
Aggressiveness	
Dry hair or hair loss	
Poor memory	
Vaginal dryness	



## How did you score?

There is no definitive number, but if you are over 40, and you have ticked 5 or more, assume you are in perimenopause

## What can you do?

Your health is no longer something you can just take for granted, but you do have some control over managing symptoms.

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### FABULOUS & FEMALE COMMUNITY

Would you love to get advice from a qualified nutritional therapist who specialises in women's midlife health? Be part of a community of like-minded, supportive and curious women working together to make menopause as positive as possible.

If you want some help to navigate this phase of life, you don't want to get diverted by misinformation, my free facebook community is perfect for you!

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