

PERIMENOPAUSE SYMPTOMS CHECKLIST

If you're experiencing multiple symptoms from this list, you're likely in perimenopause. Here are the signs to look out for:

- | | |
|--|---|
| ☐ Weird periods (irregular cycles, heavy bleeding, skipped periods) | ☐ Breast size changes (either growing or shrinking) |
| ☐ Low energy & fatigue | ☐ Temperature sensitivity (always too hot or too cold) |
| ☐ Weight gain (especially belly fat) | ☐ Extreme mood swings (rage, irritability, sadness—all in one day) |
| ☐ Decreased strength & muscle loss | ☐ Increased facial hair (chin, upper lip, random dark hairs) |
| ☐ Increased anxiety | ☐ Burning mouth syndrome (odd tongue sensations, dry mouth) |
| ☐ Depression or mood instability | ☐ Electric shock sensations (especially in the head or extremities) |
| ☐ Itchy inner ears | ☐ Bleeding gums & gum recession |
| ☐ Sleep disturbances (insomnia, restless sleep, night waking) | ☐ Tinnitus (ringing in the ears) |
| ☐ Mental exhaustion & brain fog | ☐ Digestive issues (bloating, IBS-like symptoms, food sensitivities) |
| ☐ Migraines & frequent headaches | ☐ Dry eyes (feeling like something is constantly in your eye) |
| ☐ Low-level nausea | ☐ New allergies or heightened reactions to old ones |
| ☐ Joint pain & stiffness | ☐ Vertigo or dizziness (especially when standing up quickly) |
| ☐ Acne (even if you never had it before) | ☐ Changes in body odour (even deodorant stops working!) |
| ☐ Forgetfulness & memory lapses ("brain fog") | ☐ Tingling or numbness in extremities (hands, feet, legs, arms) |
| ☐ Urinary issues (urgency, frequency, leakage) | ☐ Muscle twitches & spasms (uncontrollable random jerks) |
| ☐ Vaginal dryness & discomfort during intimacy | ☐ Sudden dizziness when standing up (blood pressure fluctuations) |
| ☐ Thinning hair & hair loss | ☐ Light & sound sensitivity (bright lights or loud sounds feel overwhelming) |
| ☐ Hot flashes & sudden overheating | ☐ Restless legs syndrome (tingling, crawling sensations at night) |
| ☐ Frozen shoulder & joint immobility | ☐ Frequent skin reactions to makeup, skincare, or perfumes |
| ☐ More UTIs & increased infections | ☐ Aches in the soles of your feet (especially in the morning) |
| ☐ ADHD-like symptoms (difficulty focusing, feeling scattered) | ☐ Constant dehydration (no matter how much water you drink) |
| ☐ Irregular heartbeat or palpitations | ☐ Tooth sensitivity & more dental issues |
| ☐ Decreased libido (lower sex drive) | ☐ Increased food intolerances or digestive discomfort |
| ☐ Alcohol sensitivity (can't tolerate like before) | |
| ☐ Skin changes (dry, sensitive, or developing new wrinkles) | |
| ☐ Osteopenia (bone density loss, precursor to osteoporosis) | |
| ☐ Dry nails & brittle hair | |