



## Perimenopause Symptom Checklist

A diagnosis of perimenopause is based on your symptoms. If you have 1 or more of these symptoms it is time to talk to your doctor!

- ☐ **A change in your cycles** It is common to have shorter cycles but you may experience longer cycles, change in length of period, or in the heaviness of your bleeding. If you're not this is a great reason to use a period tracker!
- ☐ **Hot flashes or night sweats** These are sudden, intense sensations of heat in chest, neck and face. They can last 1-5 minutes and can be accompanied by anxiety, sweating, and chills.
- ☐ **Vaginal dryness** This can show up as itchiness, burning, pain with sexual activity, pain with wiping after urination, or discomfort wearing certain clothing.
- ☐ **Recurrent UTI** The decrease in estrogen affects our urinary tract system too!
- ☐ **Weight gain or extra around the middle** The decrease in estrogen with normal aging causes changes to body composition that can increase your cardiovascular risk and risk of fracture.
- ☐ **Depression** Women with a history of depression, postpartum depression, or premenstrual dysphoric disorder are at increased risk of depressive symptoms during the transition.
- ☐ **Brain fog** This may include difficulty remembering words, names, and numbers; trouble with focus and concentration; and being easily distractible.
- ☐ **Migraines** Throbbing headaches usually associated with sensitivity to light/sound, or nausea and vomiting. May occur at certain times in your menstrual cycle

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