

# Perimenopause & Menopause Symptom Checklist

Check every symptom you have experienced — even if it seems unrelated to hormones. Bring this to your next appointment and ask about perimenopause.

## BRAIN & NEUROLOGICAL

- Brain fog**  
trouble concentrating or thinking clearly
- Memory problems / word loss**  
can't find words mid-sentence
- Migraines or new headaches**  
especially hormone-triggered
- Dizziness**  
with no obvious cause
- Tingling / electric sensations**  
arms, hands, legs, or feet
- Fatigue**  
deep exhaustion not fixed by sleep

## EMOTIONAL & MENTAL HEALTH

- Anxiety or panic attacks**  
new or significantly worsened
- Persistent irritability**  
low-level frustration with everyone
- Depression or low mood**  
especially with no prior history
- Mood swings**  
disproportionate emotional volatility
- 'I don't feel like myself'**  
sense of disconnection from your identity
- Loss of stress resilience**  
things that used to roll off now overwhelm

## SLEEP

- Waking at 3am**  
alert, unable to fall back asleep
- Night sweats**  
drenching hot flashes during sleep
- Difficulty falling asleep**  
not explained by stress or lifestyle

## CARDIOVASCULAR & METABOLIC

- Heart palpitations**  
racing, fluttering, or pounding heart
- Elevated LDL cholesterol**  
new rise with no dietary explanation
- Meno-belly / weight gain**  
new abdominal fat despite no changes

## JOINTS, MUSCLES & BONES

- Morning aches**  
feeling sore without physical cause
- Joint pain**  
knees, feet, hands, hips, shoulders
- Frozen shoulder**  
stiffness, pain, reduced arm movement
- Muscle aches**  
generalized soreness with no exertion

## SKIN, HAIR, EYES & SENSORY

- Dry or itchy eyes**  
chronic scratchy, blurred, or light-sensitive
- Itchy inner ear**  
no infection, just persistent itchiness
- Hair thinning or loss**  
especially at crown and front of scalp
- New or increased chin hair**  
androgens becoming relatively dominant
- Dry / sensitive skin**  
more prone to irritation and rashes
- Brittle or weak nails**  
breaking, peeling, or tearing easily

## GASTROINTESTINAL

- Acid reflux / heartburn**  
new or worsening, especially at night
- Bloating**  
unrelated to what you ate
- Changes in digestion**  
constipation or diarrhea without cause

## URINARY & SEXUAL HEALTH

- Stress incontinence**  
leaking with cough, sneeze, laugh, or jump
- Urgency incontinence**  
sudden overwhelming 'gotta go NOW'
- Recurrent UTIs**  
infections keep coming back
- Decreased libido**  
significant drop in sexual desire
- Vaginal dryness / pain**  
discomfort or pain during intercourse

## OTHER

- New or worsened allergies**  
sneezing, congestion with no prior history
- Breast tenderness**  
burning or throbbing, unexpected timing
- Menstrual changes**  
heavier, lighter, more or less frequent
- Changes in body odor**  
deodorant seems to stop working

**Notes for my doctor:**

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**Suggested questions to ask your provider:**

- Could these symptoms be related to perimenopause or declining estrogen?
- Can we check my hormone levels as a baseline?
- Are there treatment options, including HRT, that might help address these symptoms?
- Is vaginal estradiol something I should consider for urinary or vaginal symptoms?