

Perimenopause Checklist

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Perimenopause is the time leading up to menopause. In perimenopause, you can experience a range of changes that can affect your body, mind and period. Everyone's experience of perimenopause is different. For some people, changes to their period is the first sign of perimenopause.

This resource has been developed to guide people about perimenopause symptoms, which can be experienced by people of all genders & abilities. Perimenopause happens in different ways for different people.

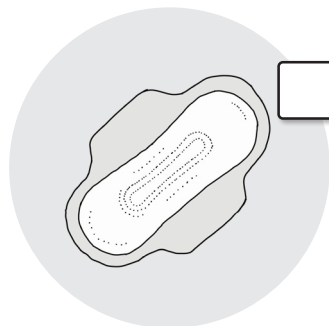
Symptoms are something you feel or experience in your body or mind that may signal a change. Symptoms of perimenopause indicate that your body is changing because of the natural progression to menopause.

This checklist can be used as a guide to identify whether you might be experiencing symptoms of perimenopause. It may be useful to take to your doctor or any other appointments where you want to talk about your perimenopause symptoms.

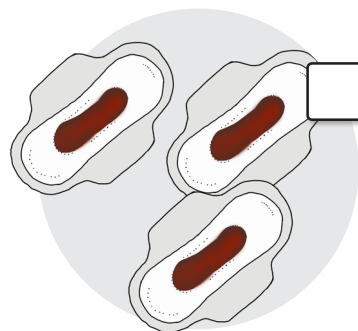
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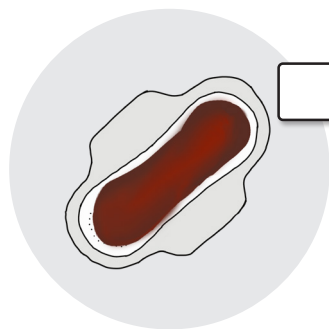
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Missed a period?

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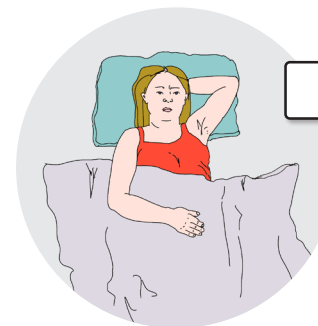
Had more periods than usual?

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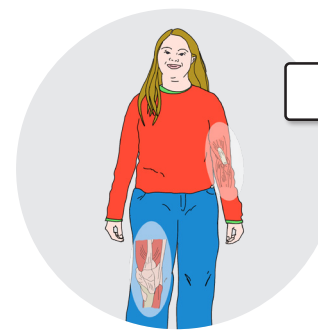
Noticed you are bleeding more?

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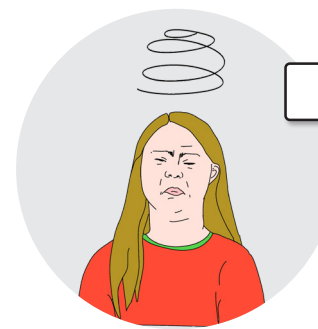
Felt sweaty and hot in your body?

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Had difficulty sleeping?

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Had pain in your muscles or joints?

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Felt dizzy?

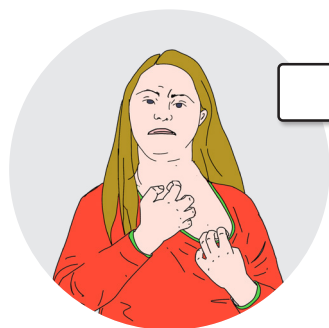
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Felt more tired or sleepy?

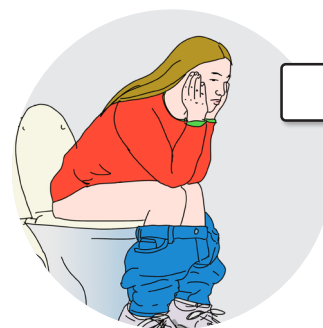
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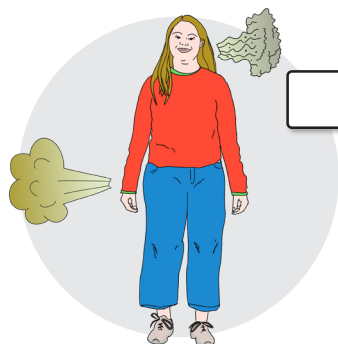
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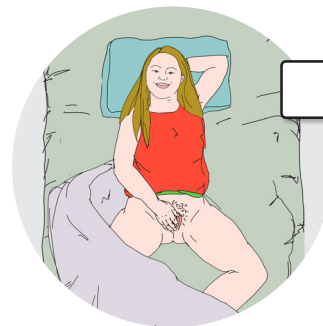
☐ Felt itchy?



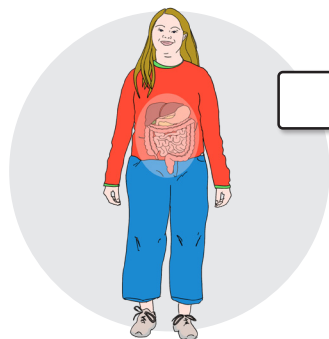
☐ Had constipation or diarrhoea?



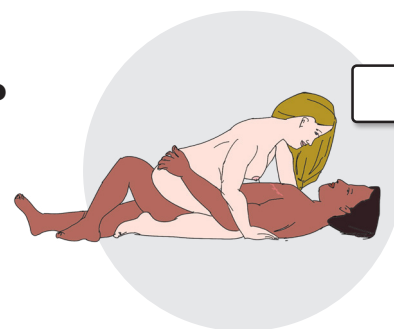
☐ Farting and burping more?



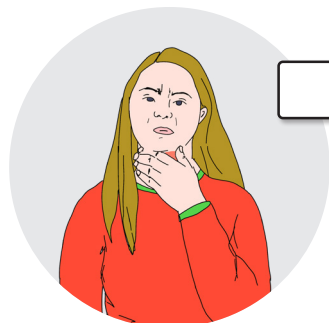
☐ Not felt like masturbating or having sex?



☐ Had indigestion?



☐ Noticed your vagina being dry or hurting during sex?



☐ Had heart burn or acid reflux?



☐ Found it harder to wee?

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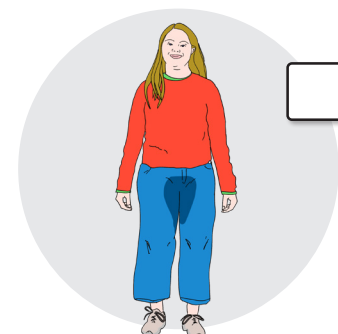
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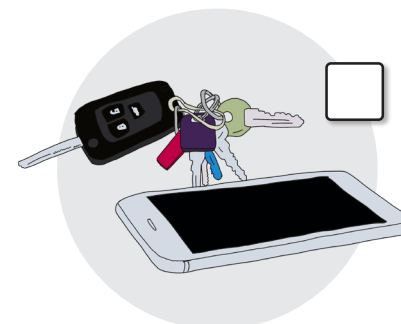
☐ Had pain when weeing?



☐ Felt sad or depressed?



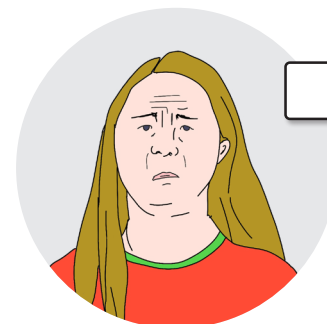
☐ Weeing when you don't mean to?



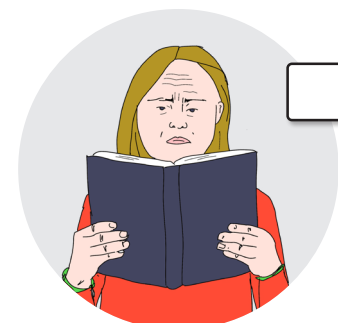
☐ Forget things more often?



☐ Been more annoyed or irritated with others?



☐ Felt more worried or anxious than usual?



☐ Found it hard to concentrate?



☐ Been crying more about small things?

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