

# Peri-Curious Symptom Checklist

Are you perimenopause? Here's a handy checklist I've put together, covering a wide range of physical and psychological changes we might experience during this transformative phase of life.

It's crucial to remember that these symptoms can vary widely among us. Some of us might experience specific symptoms, while others may face different ones. Plus, the severity and duration of these symptoms can differ too.

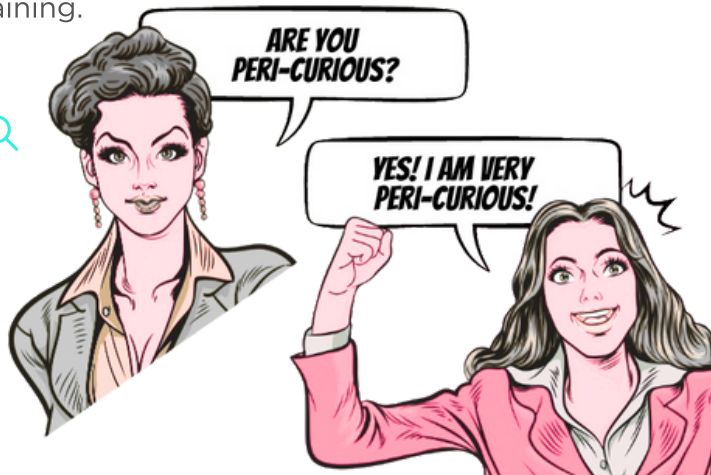
This checklist is a fantastic tool for self-awareness and empowerment. Take your time to fill it out, and then take it with you to see a menopause specialist doctor. Remember: your GP has not had menopause-specific training.

Use this link to find a menopause specialist Doctor.

<https://www.menopause.org.au/health-info/find-an-ams-doctor> 

Stay fabulous and peri-curious,

*Jenny*



## AGE AT ONSET OF SYMPTOMS

### Acne

Hormonal changes during perimenopause can lead to a variety of skin challenges, including adult acne. An estimated 25% of women in their 40s experience adult acne.\*

- ☐ rarely ☐ frequently  
☐ sometimes ☐ constant

- ☐ mild  
☐ moderate  
☐ severe

### Allergies

New allergies or worsening of existing ones. It's hard to quantify this specifically related to menopause.

- ☐ rarely ☐ frequently  
☐ sometimes ☐ constant

- ☐ mild  
☐ moderate  
☐ severe

### Anxiety

Excessive worry or fear. An estimated 25% of women experience increased anxiety.\*

- ☐ rarely ☐ frequently  
☐ sometimes ☐ constant

- ☐ mild  
☐ moderate  
☐ severe

### Bloating

Swelling in the abdominal area, often caused by gas or fluid.

- ☐ rarely ☐ frequently  
☐ sometimes ☐ constant

- ☐ mild  
☐ moderate  
☐ severe

### Body Odour

Alterations in personal scent.

- ☐ rarely ☐ frequently  
☐ sometimes ☐ constant

- ☐ mild  
☐ moderate  
☐ severe

<h2>Breast Pain</h2> <p>Tenderness, soreness, or discomfort in the breasts.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Brain Fog or Memory Lapses</h2> <p>Forgetfulness and/or temporary amnesia. An estimated 60% of women may experience memory lapses.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Brittle Nails</h2> <p>Nails become weak and break or peel easily. This is often due to aging rather than menopause itself.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Burning Mouth</h2> <p>Sensation of burning in the mouth or tongue. An estimated 10-40% of women may experience this.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Depression</h2> <p>Persistent sadness, anxiety, or emptiness. An estimated 20-30% of women experience depression during menopause.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Difficulty Concentrating</h2> <p>Issues with focus and memory. An estimated 60% of women may experience this.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Digestive Problems</h2> <p>Changes in gastrointestinal function, including gas, indigestion, and nausea.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Dizziness</h2> <p>Feeling unsteady or loss of balance.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Dry Skin</h2> <p>In menopause, skin loses some ability to hold water, so skin can get quite dry. Issues with skin is common in most women at menopause.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Electronic Shocks</h2> <p>A brief and usually mild sensation resembling an electric shock under the skin or in the muscles.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Fatigue</h2> <p>Extreme tiredness or lack of energy. An estimated 80% of women experience fatigue.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>

## Hair Loss or Thinning

This can occur on the head or body.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Headaches

Frequent or severe headaches.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Hot Flashes

Sudden feelings of heat, which can cause sweating and redness.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Incontinence and Bladder Issues

Difficulty controlling urination. An estimated 40% of women experience incontinence. There is also an increase in Urinary Tract Infections (UTI) during the menopausal transition.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Irregular Heartbeat

Heart rhythm disturbances, palpitations, or increased heart rate. An estimated 25-50% of women may experience this.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Irregular Periods

Changes in frequency, duration, and flow. Most women will experience this symptom.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Irritability

Easily frustrated or angered. It's unclear how many women experience irritability specifically due to menopause.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Itchy Skin

Pruritus or itching skin. An estimated 25-50% of women may experience this.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Joint Pain

Aches, inflammation, and soreness in any joint. An estimated 50-60% of women may experience joint pain.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

## Loss of Libido

A decreased desire for sexual activity. An estimated 20-40% of women experience this.

- ☐ rarely  
☐ sometimes
- ☐ frequently  
☐ constant

- ☐ mild  
☐ moderate  
☐ severe

<h2>Mood Swings</h2> <p>Sudden and extreme changes in mood. An estimated 10-20% of women experience mood swings.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Muscle Tension</h2> <p>Tightness or discomfort in the muscles. It's unclear how many women experience this due to menopause.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Night Sweats</h2> <p>Similar to hot flashes, but occurring at night, often disrupting sleep. An estimated 75-85% of women experience night sweats.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Osteoporosis</h2> <p>A condition that weakens bones, making them fragile and more likely to break. Osteoporosis generally occurs in postmenopausal women.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Panic Disorder</h2> <p>Sudden attacks of fear or panic. An estimated 10% of women may experience this.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Sleep Disorders</h2> <p>Difficulty falling asleep, staying asleep, or waking up too early. An estimated 40-60% of women experience sleep disorders.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Tingling Extremities</h2> <p>“Pins and needles” sensation or numbness in hands, feet, arms, and legs. It’s unclear how many women experience this specifically due to menopause.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Vaginal Dryness</h2> <p>A lack of natural lubrication in the vagina, which can cause discomfort. An estimated 40-60% of women suffer from vaginal dryness.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>
<h2>Vision Changes and Dry Eyes</h2> <p>After menopause, some women report chronically dry and scratchy eyes, often along with light sensitivity, blurred vision, increased tearing, or swollen or reddened eyelids. An estimated 60% of perimenopausal and menopausal women are affected by dry eye syndrome.</p>	<div><input type="checkbox"/> rarely</div> <div><input type="checkbox"/> sometimes</div> <div><input type="checkbox"/> frequently</div> <div><input type="checkbox"/> constant</div>	<div><input type="checkbox"/> mild</div> <div><input type="checkbox"/> moderate</div> <div><input type="checkbox"/> severe</div>

# Weight Gain

Particularly around the abdomen. Most women will experience some degree of weight gain.

- ☐ rarely
- ☐ sometimes
- ☐ frequently
- ☐ constant

- ☐ mild
- ☐ moderate
- ☐ severe

\*These statistics provide general estimates and may differ based on the demographic and lifestyle characteristics of the studied population.

## Notes

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**The Midlife Refresh offers self-discovery coaching sessions to Reclaim Your Vitality & Confidence, tailored for women just like you.**

Menopause is a transformative journey. The Midlife Refresh empowers women to get really clear on how you want your life to look, identify obstacles and create a plan to move forward with positive change, so you can live the life of your dreams. Contact Jenny and unlock the full potential of your menopause journey!

**[Learn more HERE](#)**

