



Symptom Checker

Think you might be experiencing perimenopause?

Use our simple symptom checker to help you get clarity. Just tick any symptoms that apply to you, then print it out and take it with you to your GP or healthcare appointment. Ideally track for at least 2 months. However if you experience abnormal bleeding or a significant decline in mental health, or are concerned seek support sooner.

According to NICE guidelines, blood hormone tests are not routinely required to diagnose menopause in individuals over 45 who are showing typical symptoms.

You are never too young or too old to start HRT, but it is not the only option to support perimenopause and needs an individual and holistic approach when being considered.



Symptom Checker

Emotional

	None	Mild	Significant	Debilitating
1. Low mood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Low self esteem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Lack of confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Brain fog	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Poor concentration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Poor memory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Loss of joy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Crying spells	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Lack of motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes

Symptom Checker

Physical

	None	Mild	Significant	Debilitating
1. Hot flushes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Visual disturbances (floaters)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Sleep disturbances; trouble falling asleep/ staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Changes to periods; heavier, lighter, longer, erratic etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Irritation and anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Weight gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Loss of libido/relationship strains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Dry/Itchy skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Hair loss/thinning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Palpitations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Dry eyes (excessive watering)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Burning mouth sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Sore muscles and joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Sensitive teeth/ changes to oral health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Skin changes (acne/rosacea)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Restless legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Dizziness/feeling faint	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Tinnitus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Body odour changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. New allergies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Digestive issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Symptom Checker

Uro/genital

(bladder and vagina)

		None	Mild	Significant	Debilitating
1.	Vaginal/Vulval dryness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	Vaginal/Vulval irritation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	Vaginal/Vulval soreness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	Vaginal/Vulval pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	Vaginal/Vulval burning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	Vaginal/Vulval skin thinning/splitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	Vulval shrinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	Painful episiotomy scar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	Watery discharge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	Bleeding in between periods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.	Painful intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12.	Bleeding after intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13.	Painful intercourse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14.	Recurrent urine infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15.	Urge incontinence (urine leaking with little warning)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16.	Stress incontinence (leaking urine when sneezing/coughing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NICE advises that doctors should explain to women with urogenital atrophy that:

Vaginal oestrogen can be offered to women with urogenital atrophy (including those on systemic HRT) and continue treatment for as long as needed to relieve symptoms.

Vaginal oestrogen can be considered for women with urogenital atrophy in whom systemic HRT is contraindicated, after seeking advice from a healthcare professional with expertise in menopause.

Symptoms often come back when treatment is stopped

Adverse effects from vaginal oestrogen are very rare

They should report unscheduled vaginal bleeding to their GP



Consider these questions and your answers

Why do your symptoms impact your lifestyle?

Which symptoms are your biggest concern?

Where do you want to prioritise your management?

Have you tried ways to manage these symptoms already?

Do you know what is available to support you?

Are areas of your life being negatively impacted by these symptoms?

Notes
