117 SYMPTOMS OF PERIMENOPAUSE



LIFE COACH FOR WOMEN
PERIMENOPAUSE EXPERT

I hope this helps...

I sincerely hope that this perimenopause tracker helps you to get the answers that you are looking for so you can have an empowered and rewarding next chapter of your life.

If you would like a details explanation of the symptoms on this checklist, you can find them in my book

"The UncompliKated Guide to Perimenopause"

along with self-help solutions and when to consult a medical practitioner. It's available on Amazon, worldwide, and some great bundles available on my website www.kategrosvenorbooks.com with the **UncompliKated Perimenopause Journal, Workbook, Diary and Brain Dump Journal** too.

If you would like to, please feel free to add yourself to my free support group on Facebook called "Perimenopause with Kate Grosvenor". My Perimenopause Membership is launching soon and will have amazing coaching videos, worksheets, community, resources, recommendations and so much more for everything perimenopause; details will be released soon so please keep a look out for that. It really will be a beautiful space for every woman in this phase of life.

If you would like any information about this, or any other of my coaching services, please go to www.kategrosvenor.com or email me on **kate@kategrosvenor.com.**

Buckets full of love,

Kate xx

Perimenopause Symptoms List

Declining oestrogen affects every part of the body that's why menopause symptoms don't just appear as hot flushes. There are over 61 symptoms of perimenopause. Tick the ones that you have experienced (and may not know are perimenopause/menopause related.

Difficulty Concentrating and Memory Lapse

1. Difficulty concentrating: Ever find yourself reading the same line three times?
2. Memory lapse: Momentary forgetfulness, like forgetting where you placed your keys.
3. Brain fog: A feeling of mental cloudiness, making it hard to think clearly.
4. Difficulty finding words: When words are on the tip of your tongue.
5. Impaired judgment: Decision-making can become more challenging during this phase.
6. Increased clumsiness: Suddenly bumping into furniture?

Mental Health and Mindset

7. Anxiety: Elevated worry or stress that can be debilitating at times.
8. Depression: Persistent low mood that goes beyond mere sadness.
9. Feeling dead inside: Emotional numbness.
10. Disconnection from loved ones/partner.
11. Irritability: Feeling easily annoyed or angered.
12. Panic attacks/disorder: Sudden episodes of intense fear.
13. Decreased libido: Lowered interest in sexual activities.
14. Muscle tension: Stiffness or tightness in the muscles, often due to stress.
15. Fatigue: Persistent tiredness that doesn't seem to go away.
16. Disrupted sleep: Difficulty maintaining a consistent sleep schedule.
17. Insomnia: Persistent difficulty falling or staying asleep.
18. Mood swings: Rapid changes in mood, often for no discernible reason.
19. Crying spells: Sudden episodes of crying without a clear cause.
20. Feeling overwhelmed: A sense of not being able to cope with day-to-day tasks.
21. Increased vulnerability to stress: Stressors have a greater impact than they used to.
22. Decreased self-esteem: Feeling less confident about oneself.
23. Feeling disconnected from others: A sense of isolation or detachment.
24. Loss of interest in previously enjoyed activities: Things that once brought joy no longer do.
25. Decreased motivation: Reduced drive to achieve goals.

Weight Gain, Bloating, and Changes in Body Composition

26. Weight gain: Unexplained increase in body weight.
27. Bloating: Swelling or puffiness in the abdominal area.
28. Gas: Excessive flatulence.
29. Changes in body composition: Shifting of fat distribution, often towards the abdominal area.

Digestive and Stomach Problems, and Diarrhoea [+ metabolism]
30. Digestive problems: Issues like indigestion or heartburn.
31. Diarrhoea: Frequent, loose bowel movements.
32. Abdominal pain: Pain or discomfort in the stomach area.
33. Dry mouth: A parched feeling that's hard to shake off.
34. Gum problems: Issues like gingivitis or increased sensitivity.
35. Food cravings: A sudden, intense desire for specific foods.
36. Changes in appetite: Either a loss of appetite or excessive hunger.
37. Nausea: Persistent or frequent feelings of queasiness.
38. Changes in blood sugar levels: Fluctuating levels of glucose in the blood.
39. Increased risk of diabetes: A heightened chance of developing type 2 diabetes.
40. Burning tongue: A scalding sensation in the tongue without an apparent reason.
41. Difficulty swallowing: Challenges in moving food from mouth to stomach.
42. Increased sensitivity to alcohol or caffeine: Even small amounts can have a strong effect.

Urinary Problems, Frequent Urination, and Stress Incontinence
43. Stress incontinence: Involuntary leaking of urine when you cough, laugh, or sneeze.
44. Urinary problems: Issues like frequent urges or pain during urination.
45. Urinary tract infections: Infections affecting any part of the urinary system.
46. Frequent urination: Needing to go more often than usual.
47. Frequent urination at night: Multiple trips to the loo disrupting your sleep.

Vaginal Dryness and Atrophy
48. Vaginal dryness: Reduced moisture leading to discomfort.
49. Vaginal atrophy: Thinning and inflammation of the vaginal walls.

Headaches/Migraines
50. Headaches: Persistent or frequent headaches, often tension-related.
51. Migraines: Severe headaches often accompanied by nausea and light sensitivity.

Heart Palpitations and Irregular Heartbeat
52. Irregular heartbeat: Heart skipping beats or beating too fast/slow.
53. Heart palpitations: Feeling like your heart is pounding, fluttering, or beating irregularly.
54. Increased blood pressure: Consistently high readings.
55. Increased risk of cardiovascular disease: Elevated chance of heart-related issues.

Menstrual Cycle Changes
56. Longer menstrual cycles: Periods spaced further apart.
57. Irregular periods: Unpredictable menstrual cycles.
58. Changes in menstrual flow: Either too heavy or too light.
59. Heavy periods: Excessive bleeding.
60. Light periods: Very minimal bleeding.
61. Shorter menstrual cycles: Periods coming more frequently.
62. Spotting between periods: Light bleeding outside of regular menstrual cycles.
63. Changes in menstrual cycle length: Variability in the duration between periods.
64. Increased menstrual cramps: More severe or frequent pain.
65. PMS-like symptoms: Experiencing premenstrual symptoms more intensely.
66. Worsening of premenstrual syndrome (PMS): Increased severity of PMS symptoms.

Skin and Nails
67. Formication: Sensation of insects crawling on your skin.
68. Dry skin: Less natural oil production leading to dryness.
69. Itchy skin: Persistent or frequent itching.
70. Itchy ears: Unexplained itchiness in the ear canal.
71. Acne: Increased outbreaks.
72. Brittle nails: Nails become fragile and easily breakable.
73. Body odour changes: Altered scent, not always for the better!
74. Increased tendency to bruise: Bruises appear more easily.
75. Itchy scalp: Persistent scalp itchiness.
76. Facial flushing: Redness or a warm feeling in the face.
77. Loss of elasticity in the skin: Skin becoming less supple.
78. Skin discolouration: Dark spots or uneven skin tone.
79. Rosacea.
80. Itchy nose.

Hair Changes – Thinning Hair, Hair Loss, and Brittle Hair
81. Thinning hair: Reduced hair density.
82. More facial hair: Increased hair growth on the face.
83. Hair loss: More hair falling out than usual.
84. Brittle hair: Hair breaking easily.

Changes in Sensation
85. Dizzy spells: Sudden, unexplained feelings of dizziness.
86. Tinnitus: Ringing in the ears.
87. Phantom smells: Detecting smells that aren't actually there.
88. Vertigo: Sensation of spinning or dizziness when still.
89. Restless legs syndrome: An irresistible urge to move your legs.
90. Changes in vision: Like blurriness or increased sensitivity to light.
91. Sensitivity to noise: Sounds seem louder or more irritating.
92. Changes in sense of taste: Foods may taste differently.
93. Restlessness: Feeling of constant unease or nervousness.
94. Electric shock-like sensations in the head: Feeling of electrical surges in the head.
95. Sensation of electric shocks: Jolts of electricity running through the body.
96. Tingling extremities: Numbness or tingling in hands and feet.
97. Loss of balance: Feeling unsteady on your feet.
98. Increased sensitivity to pain

Vasomotor Symptoms
99. Hot flushes: Sudden intense heat sensations.
100. Cold flashes: Opposite of hot flushes, sudden chills.
101. Changes in body temperature regulation: Overheating or feeling unusually cold.
102. Night sweats: Waking up soaked in sweat.

Muscle, Joints, and Bones
103. Joint pain: Aching or stiffness in joints.
104. Frozen shoulder: Pain and stiffness in the shoulder joint.
105. Osteoporosis: Weakening of bones, making them fragile.
106. Muscle aches: Persistent muscle pain.
107. Pain in fingers.

Physiological Changes [otherwise unclassified]
108. Increased susceptibility to infections: Getting sick more often than usual.
109. Breast soreness/tenderness: Unexplained pain in the breast area.
110. Shortness of breath: Difficulty in breathing during activities that were once easy.
111. Chest pain: Unexplained pain or tightness in the chest.
112. Allergies or sensitivities: New or heightened reactions to substances.
113. Dry eyes: Eyes feeling itchy or sandy.
114. Sudden high cholesterol (also called dyslipidaemia): Unexplained increase in cholesterol levels.
115. Breast swelling: Unexplained increase in breast size.
116. Varicose veins
117. Not wanting to wear any wool, scratchy materials or anything else next to your skin.

I know, it's a long list, but remember: not every woman will experience all of these symptoms. Some might only encounter a few, and the intensity can vary from person to person. Think of it like a buffet, where you get to pick what you want to deal with. And even if you do encounter a more challenging symptom, treatments and strategies are available to help you manage. Stay encouraged and informed – you're definitely not alone in this journey!

If you would like a details explanation of the symptoms on this checklist, you can find them in my book

"The UncompliKated Guide to Perimenopause"

along with self-help solutions and when to consult a medical practitioner. It's available on Amazon, worldwide, and some great bundles available on my website www.kategrosvenorbooks.com with the UncompliKated Perimenopause Journal, Workbook, Diary and Brain Dump Journal too.

Perimenopause Symptoms Tracker

	How often I experience this symptom		
SYMPTOM	NEVER	SOMETIMES	REGULARLY

Perimenopause Symptoms Tracker

	How often I experience this symptom		
SYMPTOM	NEVER	SOMETIMES	REGULARLY

Perimenopause Symptoms Tracker

	How often I experience this symptom		
SYMPTOM	NEVER	SOMETIMES	REGULARLY

Perimenopause Symptoms Tracker

	How often I experience this symptom		
SYMPTOM	NEVER	SOMETIMES	REGULARLY

Perimenopause Symptom Tracker

Symptom being tracked:	
Week beginning date:	

	MORNING	AFTERNOON	EVENING	NIGHT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

NOTES

Perimenopause Symptom Tracker

Symptom being tracked:	
Week beginning date:	

	MORNING	AFTERNOON	EVENING	NIGHT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

NOTES

Perimenopause Symptom Tracker

Symptom being tracked:	
Week beginning date:	

	MORNING	AFTERNOON	EVENING	NIGHT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

NOTES

Perimenopause Symptom Tracker

Symptom being tracked:	
Week beginning date:	

	MORNING	AFTERNOON	EVENING	NIGHT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

NOTES