

Could it be the Perimenopause?  
**SYMPTOM CHECKLIST**



THE  
Midlife  
*Movement*

[WWW.THEMIDLIFEMOVEMENT.COM](http://WWW.THEMIDLIFEMOVEMENT.COM)

## Could it be the Perimenopause?

Have you suddenly started experiencing sometimes strange, seemingly unrelated symptoms? If you are a woman aged between 42 and 55 it could well be hormone related.

Around a quarter of women report few symptoms associated with menopause, or if they have any, they do not impact their lives to any significant degree. Which means, of course, that 75% of us are affected by the natural, physical process of declining hormone levels as we head towards our 50s.

Symptoms associated with the menopause usually begin several years before menstruation stops. This transitional phase, known as the perimenopause, is when the ovaries begin to produce less oestrogen.

According to the NHS (the UK's National Health Service), the average time symptoms are experienced is 4 years, although about 1 in 10 women experience them for up to 12 years.

The menopause itself occurs when the ovaries finally stop producing eggs altogether and is judged to be complete when a woman has not had a period for 12 months.

Early menopause (before the age of 45) or premature menopause (before 40) can be caused by genetic inheritance, chemotherapy, hysterectomy and other health conditions. [The Daisy Network](#) is full of information for younger women.

If you are between the ages of 40 and 55 and are experiencing any of the symptoms described in the following checklists, chances are you are not "going mad", a hypochondriac or suffering from weird illness and it's worth getting your hormone levels checked. Help is available.

The first checklist is The Greene Climateric Scale, which is used to measure symptoms before and after treatment. The second page lists other symptoms - some which you might not expect - that can sometimes be attributed to perimenopause.

The Midlife Movement focuses more on the mental and emotional effects of this time of transition - both good and bad. Come and join us in our free [Facebook Group](#), where we will make you feel at home!

## Could it be the Perimenopause?

### The Greene Climacteric Scale

- |  |   |
|--|---|
| <input type="checkbox"/> Heart beating quickly or strongly | <input type="checkbox"/> Feeling dizzy or faint           |
| <input type="checkbox"/> Feeling tense or nervous          | <input type="checkbox"/> Pressure, or tightness in head   |
| <input type="checkbox"/> Difficulty sleeping               | <input type="checkbox"/> Parts of body feel numb          |
| <input type="checkbox"/> Feeling excitable                 | <input type="checkbox"/> Headaches                        |
| <input type="checkbox"/> Anxiety and panic attacks         | <input type="checkbox"/> Muscle and joint pains           |
| <input type="checkbox"/> Difficulty Concentrating          | <input type="checkbox"/> Loss of feeling in hands or feet |
| <input type="checkbox"/> Feeling tired or lacking energy   | <input type="checkbox"/> Breathing difficulties           |
| <input type="checkbox"/> Loss of interest in most things   | <input type="checkbox"/> Hot flushes                      |
| <input type="checkbox"/> Feeling unhappy or depressed      | <input type="checkbox"/> Sweating at night                |
| <input type="checkbox"/> Crying spells                     | <input type="checkbox"/> Loss of interest in sex          |
| <input type="checkbox"/> Irritability                      |   |

## Could it be the Perimenopause?

### Other Symptoms

- |  |   |
|--|---|
| <input type="checkbox"/> Changes in regularity, duration and heaviness of periods      | <input type="checkbox"/> Reduced muscle mass  |
| <input type="checkbox"/> Passing blood clots   | <input type="checkbox"/> Tendency to urinary tract infections (UTIs)                  |
| <input type="checkbox"/> Problems with memory  | <input type="checkbox"/> Itchy skin (that's not due to dryness)                       |
| <input type="checkbox"/> Mood swings/unstable mood                                     | <input type="checkbox"/> "electric" shocks  |
| <input type="checkbox"/> Emotional outbursts of anger, grief and other strong feelings | <input type="checkbox"/> Loss of confidence   |
| <input type="checkbox"/> Vaginal dryness   | <input type="checkbox"/> Loss of feeling in hands or feet                             |
| <input type="checkbox"/> The need to urinate more frequently and more urgently         | <input type="checkbox"/> Weight gain - especially hard to shift fat around the middle |
| <input type="checkbox"/> Discomfort during sex   | <input type="checkbox"/> Bloating and other digestive issues                          |
| <input type="checkbox"/> Breast tenderness   | <input type="checkbox"/> Hair loss  |
| <input type="checkbox"/> Changes in breast size  | <input type="checkbox"/> Burning mouth  |

If you found this checklist useful, you might like the free gifts below.



Click on either of the covers above to read



Hi there. I'm Jo, a photographer, writer and Midlife Guide.

If you are struggling with your midlife transition, I want you to know that you don't have to travel this path alone. I want to support you on your midlife journey - I know I can help you feel good about life again!

You can now book a "Rediscovery" call with me, personally. It's a gift from me to you. I want to be there for you, like others were there for me. I don't believe any woman should have to go through this transition alone, wondering if she's going crazy!

During this 30 minute session you'll:

Uncover what's stopping you from being happy and free

Start to rebuild your confidence so you start believing in yourself once more

Get clarity on who you are now, and how you want to spend the best years of your life

Re-ignite that bubble of excitement for the journey ahead

Begin to rediscover your confidence and optimism

You'll walk away feeling hopeful, inspired and empowered!

Book your call here:

[https://calendly.com/jobblackwell/rediscovery\\_call](https://calendly.com/jobblackwell/rediscovery_call)

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"At 50 I began to know  
who I was. It was like  
waking up to myself."

Maya Angelou



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