

Symptom Checker

Do you have any of these symptoms of perimenopause

(if you still have periods) **or menopause** (periods have stopped for over a year)?

Symptoms	Y/N
Heart beating quickly or strongly	
Feeling tense or nervous	
Difficulty in sleeping	
Excitable	
Attacks of anxiety, panic	
Difficulty in concentrating	
Feeling tired or lacking in energy	
Loss of interest in most things	
Feeling unhappy or depressed	
Crying spells	
Irritability	

Symptoms	Y/N
Feeling dizzy or faint	
Pressure or tightness in head	
Parts of body feel numb	
Headaches	
Muscle and joint pains	
Loss of feeling in hands or feet	
Breathing difficulties	
Hot flushes	
Sweating at night	
Loss of interest in sex	
Urinary or vaginal dryness symptoms	

If you still have periods, how often are they? Are they heavy, light?

Use this space to note your main concerns or questions for your GP



Over half of the UK population will go through menopause in their lifetime.

Despite this many still struggle to spot the signs and symptoms of perimenopause and menopause. This sadly delays access to support and treatment.

It's easy enough to miss the signs that you are perimenopausal or menopausal. You may think your symptoms are the result of stress, or just a normal part of getting older.

Wherever you are at in your menopause journey, it's important that you don't suffer in silence.

However you decide to manage your menopause, if you suspect that you're experiencing symptoms of menopause, make an appointment to see your doctor. Use the symptom checker overleaf to help you and your GP work out whether you may be experiencing perimenopause or menopause and rule out any other underlying conditions.

Visit our website and follow our social for trusted information, top tips and support.

There are lots of lifestyle changes and treatment options to consider to help you manage your symptoms.



Move more

Dancing, walking, running, yoga, weightlifting – find what works for you



Balance your diet

Increase vegetables, lean meat, oily fish and pulses



Stay hydrated

Drinking 1.5 to 2 litres a day helps keep your skin, hair and organs in great condition



Prioritise self-care

Whilst it is difficult, do what you can to find time for you; meditate, read, gardening, knitting...



Consider HRT

Recognised as the most effective treatment for many people to help manage symptoms of perimenopause and menopause



Good sleep

Add daily habits to your routine to help you get a restful night's sleep

Donate today at [themenopausecharity.org](https://www.themenopausecharity.org)
so that we can help more people understand menopause

