



YOUR SYMPTOMS ARE REAL.
AND THEY HAVE A NAME.

*OVER 40 SYMPTOMS ACROSS EVERY BODY SYSTEM —
BECAUSE PERIMENOPAUSE IS NOT JUST HOT FLUSHES.
KNOWLEDGE IS THE FIRST STEP. IT STARTS WITH KNOWING
WHAT TO LOOK FOR.*

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[MENOPAUSEHUB.COM.AU](https://menopausehub.com.au)

PERIMENOPAUSE AND MENOPAUSE SYMPTOM TRACKER				
nervous system:	none	a little	frequent	a lot
Fatigue / low energy				
Difficulty sleeping, waking overnight				
Loss of interest in sex				
Headaches				
Migraines				
Tinnitus (buzzing or ringing in the ears)				
Pins or needles in any part of the body				
Hot flushes				
Night sweats				
Formication (sensation of insects crawling over the skin)				
Feeling dizzy or faint				
Restless legs				
skin and hair	none	a little	frequent	a lot
Dry skin				
Itchy skin				
Dry hair				
Hair loss, thinning hair				
Brittle nails				
Unwanted hair growth				
Changes to body odour				
Rosacea				
Pigmentation change				
Acne				
Itchy ears				
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PERIMENOPAUSE AND MENOPAUSE SYMPTOM TRACKER

digestive system	none	a little	frequent	a lot
Weight gain				
Bloating				
Constipation				
Flatulence				
Abdominal pain				
Diarrhoea				
Heartburn				
menstrual cycle or genitourinary system	none	a little	frequent	a lot
Heavier periods than before				
Lighter periods than before				
Longer periods than before				
Shorter periods than before				
Longer cycle length than before (periods further apart)				
Shorter cycle length than before (periods closer together)				
Erratic/irregular periods (cycle length varying more than 3 days each month)				
Vaginal dryness				
Itching of skin around the vulva				
Pain or soreness during sex				
Frequent urination				
Urinary incontinence - stress and/ or urge				
Nocturia (increased need to pass urine at night)				
Urinary tract infections				
Vulval skin thinning or splitting				

PERIMENOPAUSE AND MENOPAUSE SYMPTOM TRACKER

Mind, Mood and Sense of Self	none	a little	frequent	a lot
Mood swings				
Irritability				
Feeling anxious				
Panic attacks				
Feeling tense/ nervous				
Crying spells				
Feeling unhappy or depressed				
Flat mood				
Low motivation				
Low self worth				
Not feeling yourself/ not recognising yourself				
Loss of interest in most things				
Worsening PMS				
Difficulty concentrating				
Word finding difficulty				
Memory problems				
Reduced ability to multitask				
musculoskeletal system	none	a little	frequent	a lot
Joint pains				
Muscle pains			Much	
Joint / muscle stiffness				
Frozen shoulder				
Foot pain (plantar fasciitis)				

PERIMENOPAUSE AND MENOPAUSE SYMPTOM TRACKER

Other symptoms:	none	a little	frequent	a lot
Palpitations (heart beating quickly or strongly)				
Glucose and lipid metabolic change				
Chest pain				
New / worsening hay fever, allergies				
New / worsening food intolerances				
Reduced alcohol tolerance				
Have you withdrawn socially				
Dry eyes				
Dry mouth, bleeding gums				
Worsening of a long-term or pre-existing mental health condition (for example, depression, anxiety, eating disorder, addiction, ADHD etc				
Worsening of a long-term or pre-existing physical health condition (for example, asthma, migraine, epilepsy, autoimmune condition, etc.)				

TAKE THIS CHECKLIST TO YOUR NEXT GP APPOINTMENT. YOU DESERVE TO BE HEARD.