



TOOWOOMBA

Endocrine & Diabetes

Symptoms of Perimenopause and Menopause Assessment Sheet

Adapted from the Jean Hailes for Women Health Checklist (www.jeanhailes.org.au) & Australian Menopause Society Symptom Score sheet (www.menopause.org.au) Both based on the Greene Climacteric scale. (Green JG. Constructing a standard climacteric standard. Maturitas 1998;29:25-31)

Symptoms related to Perimenopause and Menopause can be different for every patient. This simple tool can help us understand your symptoms and assist in developing a plan to make things easier. Please complete this and bring it with you when you come for your appointment. You can also e-mail it to admin@twba-ed.com.au.

Name: _____ Date Completed _____

Symptom	Not at All (None) 0	A little Bit (Mild) 1	Quite a bit (Mod) 2	Extreme (Severe) 3
Irregular periods				
Hot flushes (feeling waves of heat)				
Sweating at night				
Fatigue or unusual tiredness				
Trouble sleeping (Insomnia or Sleeplessness)				
Mood changes (feeling unhappy or depressed)				
Anxiety				
Headaches				
Light Headed or dizzyness				
Brain fog (difficulty concentrating)				
Forgetfulness				
Less sexual desire (Low Libido)				
Muscle and joint pains (Including Backache)				
Heart beating quickly or strongly				
Skin Irritation (Itchy skin or odd sensations)				
New Facial Hair				
Weight gain				
Dry vagina				
Painful or uncomfortable Sex/Intercourse				
Wee (urinary) problems				
Other (Please list)				

Not all symptoms listed are necessarily oestrogen deficiency symptoms

What is perimenopause?

Perimenopause is the time leading up to menopause. Periods become irregular and hormone levels fluctuate.

What is menopause?

Menopause is defined as beginning 12 months after your final menstrual period and can last up to around 7 years. Most women in Australia reach menopause from 45 to 55 years of age. **Surgical menopause** occurs when both ovaries are removed (bilateral oophorectomy) before natural menopause. Removing only one ovary usually does not cause immediate menopause.

Hot flushes and night sweats

About 80% of women experience hot flushes and night sweats around the time of menopause. These waves of heat usually start in your chest area and spread to your upper chest, neck and face. They can also spread over your whole body. The flushes may feel like a burning, overheating sensation. You may also have reddening of the skin and different degrees of sweating. When a flush happens at night, it's called a 'night sweat'.

Sleep problems

It's common for your sleep patterns to change during perimenopause and menopause. About 25% of women aged 50 to 64 experience sleep problems. Sleep problems are more common after menopause. Women who have experienced surgical menopause are more likely to report severe symptoms.

Aches and pains

Changing hormones, particularly a drop in oestrogen levels, can cause aching, painful joints and other musculoskeletal symptoms. Oestrogen is important for your joint health, as it protects against inflammation. It also helps regulate fluid around your joints. Around the time of menopause, you may experience joint pain in the knees and hips. It may also occur in your shoulders, neck, elbows and hands. Your aches and pains might be stronger in the morning and fade later in the day.

Mental and emotional health

Mood changes around the time of menopause may be due to changing hormone levels. You may also experience mood changes due to different pressures at this stage of life, such as caring for children and parents. You might experience: irritability, increased anger, low mood, anxiety, depression. Research suggests that women are more likely to experience depression as they approach menopause. Women who have a history of depression or premenstrual syndrome (PMS) may be more likely to develop depression during this time.

Dry vagina and painful sex

Around the time of menopause, you might experience vaginal dryness and reduced vaginal elasticity. This can lead to painful sex and a loss of sex drive (libido).

Urinary symptoms

Ageing and menopause can cause your pelvic floor muscles to become weaker. Your pelvic floor muscles help you hold your wee in. Menopause also causes your bladder to become less elastic, which means it can't hold as much wee as it used to. These changes can lead to urinary symptoms such as: needing to wee often and with a sense of urgency, a burning sensation or pain when weeing, blood in your wee, wee leakage, especially when coughing, sneezing or laughing, recurrent urinary tract infections (UTIs).