

Perimenopause Symptom Tracker

Please try this tracker to help monitor your patterns and symptoms. This tool is intended to assist in the recording of symptoms only and should not be used as a diagnostic tool. Always discuss any of the below symptoms with a qualified health professional.

Name: _____ Month/Year: _____

Contact Leah now on 0425373773 or leah@naturallywith.com to make an appointment to discuss your symptoms

Days of the cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40							
Date																																															
PHYSICAL SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																															
Sleep disturbances																																															
Insomnia																																															
Hot flushes																																															
Night sweats																																															
Migraines																																															
Headaches																																															
Fatigue																																															
Vaginal dryness																																															
Breast pain																																															
Painful sex																																															
Weight gain																																															
Aching muscles																																															
Aching joints																																															
Hair thinning																																															
Hair loss																																															
Heart palpitations																																															
Other																																															
MOOD SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																															
Anxiety																																															
Depression																																															
Irritability																																															
Poor memory																																															
Brain fog																																															
Low libido																																															
Temperature																																															
Other																																															



Tracking your temperature (within 2 decimal points and taken as soon as you wake) may help to identify ovulation or any potential changes to thyroid function.

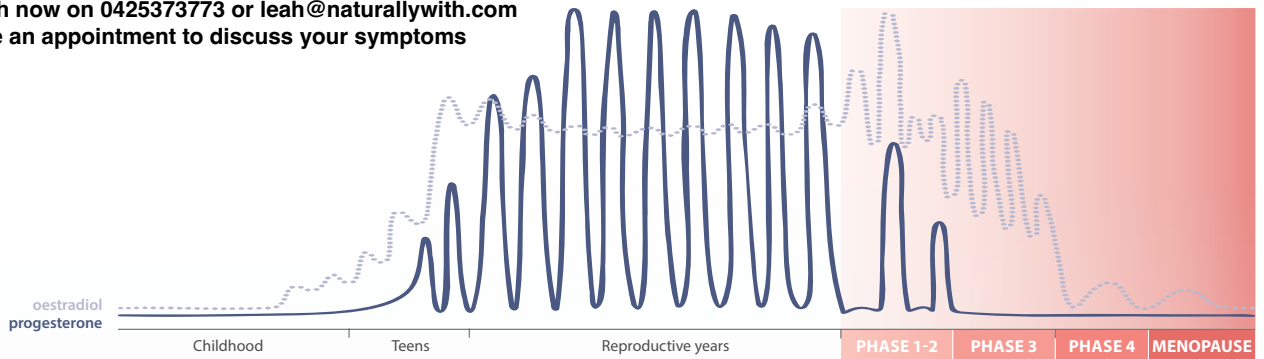
References available on request.

The Hormonal Journey



Decoding the relationship between hormones and the transition process.

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Ovarian hormones through the lifespan

(Lara Briden, 2021)

	PHASE 1	PHASE 2	PHASE 3	PHASE 4	MENOPAUSE
	Very early perimenopause 2-5 years	Early menopause transition 3 years	Late menopause transition 3 years	Late perimenopause 1 year	(including complete hysterectomy, radiation or chemotherapy induced)
What's happening with your period	Regular periods with signs of change (see below).	Onset of irregular periods, cycles vary in length by 7 or more days.	Skipped periods, starts with 60 days without flow.	First cycle is longer than 60 days. From this point, it may be four years until menopause arrives.	The life phase that begins 1 year after your last period.
Hormonal changes across each phase	↑ oestrogen, lowering progesterone.	↓ progesterone and high, fluctuating oestrogen - drops in oestrogen dive below the levels of the reproductive years	Progesterone no longer fluctuates, with oestrogen continuing to decline.	The beginning of the change to lower oestrogen, accompanied by fewer symptoms. Progesterone is flatlining.	Low oestrogen and no progesterone.
Symptoms that can follow	Unopposed oestrogen with spikes up to three times normal. ↑ Risk for heavier periods ↑ Period pain ↑ Migraines ↑ Sleep disturbances ↑ Mood dysregulation Brain modifications and a destabilised HPA axis cause energy deficits. ↑ oestrogen stimulates mast cells and histamine which can create anxiety, hives, hayfever and other symptoms.	Greater reductions in oestrogen trigger worsening hot flushes and night sweats. Hot flushes tend to occur just before, during or after menstruation. ↓ progesterone may cause heart palpitations and remodelling of the immune system which may leave women vulnerable to autoimmune diseases such as Hashimoto's thyroiditis.	Hot flushes and night sweats may intensify. Dropping oestrogen may cause irritability and depression.	Uncomfortable symptoms begin to subside unless another period arrives.	Oestrogen finally settles to its normal low. ↑ risk for insulin resistance and shifts in energy balance. Symptoms which may still be ahead: vaginal dryness, low libido, stress incontinence, urinary tract infections, prolapse, insomnia, hair loss, weight gain, memory loss and risk of osteoporosis and heart disease.