

PERIMENOPAUSE QUIZ

If you are over 40 and have several of the below symptoms, especially if your periods have become irregular, then it's likely you've started perimenopause.*

QUESTIONS	TICK
Are you over 40?	<input type="checkbox"/>
Do you experience hot flushes?	<input type="checkbox"/>
Do you experience night sweats?	<input type="checkbox"/>
Have your periods become irregular?	<input type="checkbox"/>
Are you having digestive issues or frequent bloating?	<input type="checkbox"/>
Are you suffering from poor sleep?	<input type="checkbox"/>
Have you noticed changes to your memory?	<input type="checkbox"/>
Do you suffer from brain fog?	<input type="checkbox"/>
Has your sex drive changed?	<input type="checkbox"/>
Do you suffer from vaginal dryness or painful sex?	<input type="checkbox"/>
Increased frequency/urgency to urinate?	<input type="checkbox"/>
Have you noticed your skin becoming dry and itchy?	<input type="checkbox"/>
Do you suffer from headaches, vertigo, or dizzy spells?	<input type="checkbox"/>
Are you started to experience joint pain and muscle tension?	<input type="checkbox"/>
Are you experiencing any mood changes E.G. increased anxiety, depression, bursts of anger?	<input type="checkbox"/>

*This is for educational purposes only and will not diagnose perimenopause.