



Perimenopause

Perimenopause is the time, usually in your 40s, when hormone levels change and periods become irregular before they stop. Many of its symptoms can be treated.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ My periods are becoming irregular, heavier or lighter
- ☐ I have hot flushes or night sweats
- ☐ I sleep poorly or wake often
- ☐ I feel low, anxious, irritable or forgetful
- ☐ I have vaginal dryness or discomfort during sex
- ☐ I need to pass urine more often or more urgently
- ☐ I have joint aches or stiffness
- ☐ I am 45 or older, or my mother had an early menopause
- ☐ I still need contraception

GET HELP NOW IF

- Very heavy bleeding with dizziness or fainting
- Bleeding after sex
- Any bleeding after a year without periods (book promptly)

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



SYMPTOM RECORD: FOUR WEEKS

Week	Periods or bleeding	Flushes or sweats a day	Sleep: good or poor	Mood	Other

BEFORE YOUR VISIT

- Note when your periods started to change.
- List your medicines and supplements.
- Bring any recent blood test, mammogram or bone scan reports.
- Think about which symptoms bother you most.

QUESTIONS YOU MAY WANT TO ASK

- Is this perimenopause, and do I need any tests?
- What are the benefits and risks of hormone therapy (HRT) for me?
- What can I do to protect my bones and heart?

