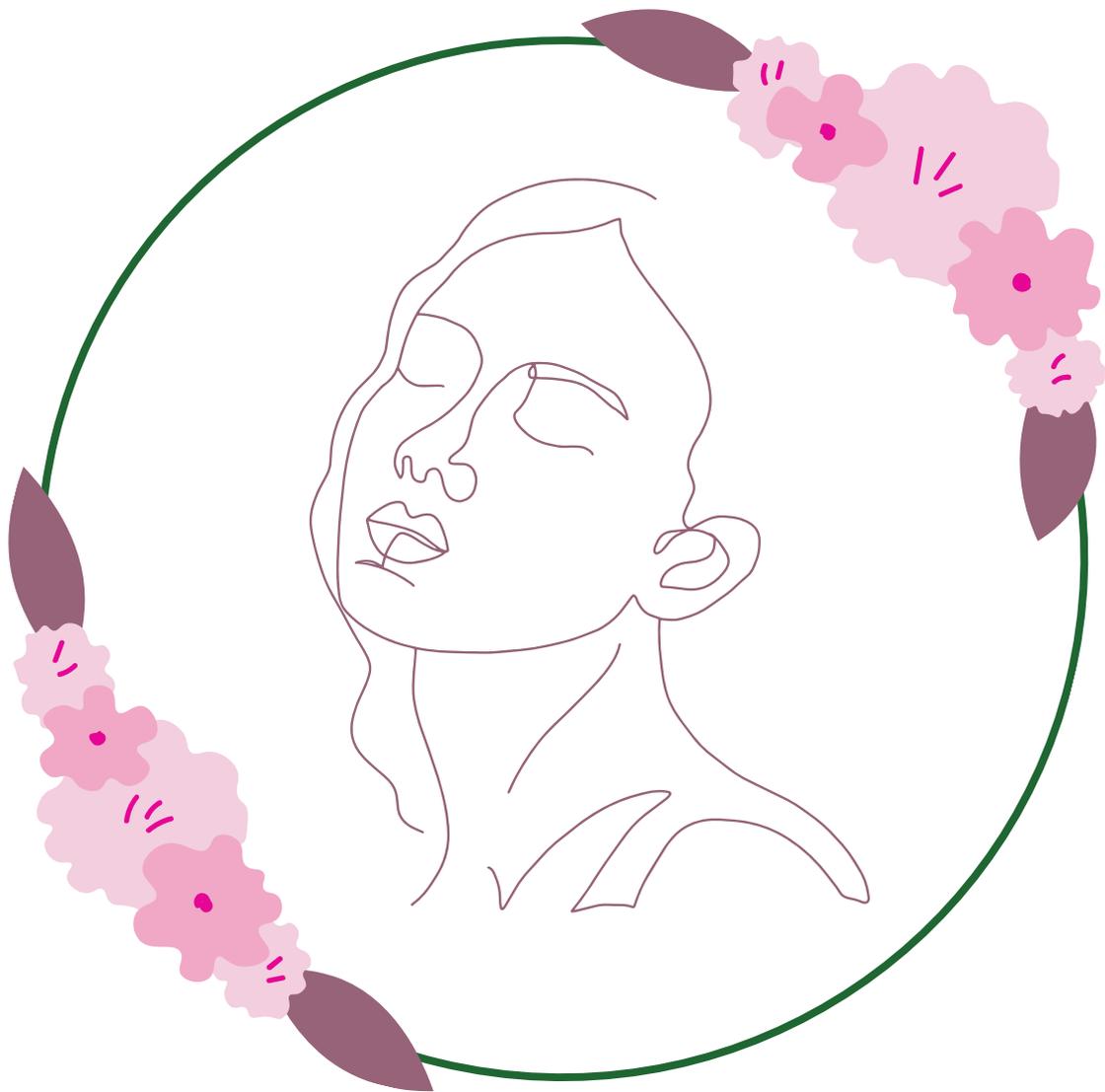


# PERIMENOPAUSE SYMPTOM TRACKER



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Perimenopause is the time preceding Menopause (12 months without a period). This natural transition can take as many as 10 years, for some women to navigate. Some may experience little to no symptoms and others may find that they struggle.

Perimenopause can start at any age and sex hormones usually start a very gradual decline around the age of 35. But there are no set rules, and there is no such thing as being "Too young to be perimenopausal".

Tuning into your body, becoming aware of what is "normal" for you and adjusting lifestyle factors, to maximise your health and wellbeing are important, at this stage of your life.

## PHYSICAL SYMPTOMS OF PERIMENOPAUSE

Tingling extremities	Irregular heartbeat	
Irregular periods	Digestive issues	
Electric shocks	Changes in Libido	
Brittle Nails	Osteoporosis	
Sore breasts	Hair loss	
Insomnia	Bloating	
Dry eyes	Fatigue	
Joint pains	Headaches	
Hot flushes	Dry/Itchy skin	
Urinary incontinence	Burning tongue	
Tight muscles	Dizziness	Night sweats
Vaginal dryness	Allergies	Weight gain
Gum problems	Changes in body odour	



## Psychological symptoms of Perimenopause

Mood Swings

Forgetfulness



Brain Fog

Depression

Low motivation

Anxiety

Irritability

Difficulties concentrating

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Perimenopause affects every woman in different ways, both physically and psychologically, because you have hormone receptors throughout the body; in the brain, skin and even on immune cells. This may create feelings of confusion and uncertainty, as the issues that you experience appear unrelated to each other

During perimenopause, Oestrogen fluctuates and starts to decline, Progesterone slowly declines, along with Testosterone. These hormones can fluctuate even on a daily basis.

This makes for an unpredictable picture and potentially over 34 various recognised symptoms can be experienced at various times.



# The Greene Climacteric Scale

The Greene Climacteric scale, (named after the Doctor who created it), is a useful measurement tool, to allow you to identify your symptoms of peri/menopause.

It tracks 21 of the more common symptoms that you may experience.

Used at regular intervals, it will help to identify any changes in symptoms and to keep track of what you are experiencing.

You can take it along to appointments with your doctor, health care provider or therapist, as an insightful baseline and an aide-memoir of what you are experiencing.

It can also be helpful to monitor changes if you commence hormone replacement therapy.

## **The areas covered by The Greene Climacteric scale:**

1. Psychological symptoms: Questions 1-11, looks at how you feel and how your brain functions.
2. Physical symptoms: Questions 12-18, looks at how the sensations are changing within the body and identifies areas of pain.
3. Vasomotor symptoms: Questions 19-20, looks at how your blood vessels are working
4. Sexual symptoms: Question 21, looks at libido and your interest in sexual activity.

It does not cover every symptom, so it would be helpful to make a note of anything else that you notice; (you may not think it is perimenopause related and it may not be), but it will help your Doctor to fully assess you. Some examples include, vaginal dryness or urinary tract infections.



# The Greene Climacteric Scale

Symptoms	Not at all (0)	Quite a bit (1)	Extremely (2-3)	Score 0-3	Comments
1 Heart beating quickly or strongly					
2 Feeling tense or nervous					
3 Difficulty in sleeping					
4 Excitable					
5 Attacks of panic					
6 Difficulty in concentrating					
7 Feeling tired or lacking in energy					
8 Loss of interest in most things					
9 Feeling unhappy or depressed					
10 Crying spells					
11 Irritability					
12 Feeling dizzy or faint					
13 Pressure or tightness in head or body					
14 Parts of body feel numb or tingling					
15 Headaches					
16 Muscle and joint pains					
17 Loss of feeling in hands or feet					
18 Breathing difficulties					
19 Hot flushes					
20 Sweating at night					
21 Loss of interest in sex					
<b>Score total</b>					

**Comments:**

**Reference:** Greene, J, A Factor analytic study of climacteric symptoms Journal of Psychosomatic Research (1976), 20, 425-430



# About Tracey Allport

Tracey is a Master of Mind & Body Therapies; as an award winning multi-trained therapist she is on a mission to help women bust the distress of Perimenopause, helping them to reflect, rebalance, relax and restore, so that they feel energised, rejuvenated and able to smile again.



Tracey has a personal lived experience of perimenopausal distress, Having found that modern medicine was not proving helpful, she went on a search, to find ways to empower her health and wellness naturally. She then trained in the various therapies that worked and curated her knowledge, so that you don't have to waste your time or energy aimlessly searching for answers!

Tracey is passionate about working with like-minded women who are proactive to make changes and move away from a life of distress, overwhelm and hormone imbalance.

Her 30 years' of experience as an Occupational Therapist, has been married together with Complementary Therapies and Remedial Hypnosis, to work with you as a whole person; providing support and problem solving, to bring about feelings of peace and joy. After all, this 3rd age of life is for living with purpose, intention and pleasure.

She has also co-authored a best-selling book, sharing her knowledge of sleep strategies and finding balance in life. "Unlocked, Surviving to Thriving", curated by Sadie Restorick (available from Amazon).

When Tracey isn't working, she loves to eat out, read, walk along her local beach and chase her naughty Irish Terrier Finley when he is up to mischief!

## Connect with Tracey

You can connect with Tracey in her free Facebook group

"Restore through Perimenopause"

[www.facebook.com/groups/restorethroughperimenopausemoththerapies](http://www.facebook.com/groups/restorethroughperimenopausemoththerapies)

**Facebook:** [www.facebook.com/moththerapies](http://www.facebook.com/moththerapies)

**Instagram:** [www.instagram.com/moth\\_therapies](http://www.instagram.com/moth_therapies)

**Linkedin:** [www.linkedin.com/in/tracey-allport-a0919826](http://www.linkedin.com/in/tracey-allport-a0919826)

