

Hormonal Symptom Tracker for Perimenopause & Menopause

To gain a better understanding of how your hormones may be influencing your daily life, I encourage you to rate the following perimenopause/menopause symptoms on a scale of 1 to 3. Tracking these symptoms regularly—ideally daily or as often as possible—can help you identify patterns and determine if adjusting your hormone therapy might be beneficial.

Remember: During perimenopause, hormone levels can fluctuate significantly, even while you're still menstruating (whether regularly or irregularly). Your body is still producing estradiol, progesterone, and testosterone, and factors such as stress, fatigue, and environment can impact these levels. This variability may mean that dosage adjustments are worth discussing with your healthcare provider.

This symptom tracker is adapted from the Greene Scale, with additional symptoms included to provide a more comprehensive assessment.

Rating Scale:

Rate each symptom using the following scale:

- **1 - Mild:** The symptom is present but not significantly bothersome.
- **2 - Moderate:** The symptom is noticeable and somewhat bothersome.
- **3 - Severe:** The symptom is significantly bothersome and impacts daily life.
- **0 - Not Present:** You are not experiencing this particular symptom.

Symptom List:

1. Sleeplessness/Insomnia
2. Mood Changes (e.g., irritability, sadness, emotional sensitivity)
3. Headaches
4. Joint Pain/Stiffness
5. Backaches
6. Depression
7. Anxiety/Nervousness
8. Pain or Discomfort During Intercourse
9. Vaginal Dryness
10. Formication (Crawling Sensations Under the Skin)
11. Frequent Urination
12. Hot Flashes/Night Sweats
13. Irritability/Agitation
14. Unusual Tiredness/Fatigue
15. Dry or Itchy Skin
16. Decreased Libido/Sexual Desire

17. Increased Facial Hair
18. Feelings of Loneliness or Unloved
19. Dizziness/Lightheadedness
20. Muscle Aches/Pains
21. Drowsiness
22. Decreased libido
23. Breast tenderness
24. Breast fullness
25. Racing mind at night
26. Mental foggiess
27. Impatient but clear of mind
28. Water retention
29. Difficulty relaxing
30. Aggressivity
31. Body hair loss
32. Increased oil in skin
33. Increased hair growth
34. Increased acne/pimples
35. Loss of sense of security
36. Muscular weakness, flabbiness
37. Groggy or edgy
38. Pelvic cramps
39. Malaise
40. Temperature swings

To gain insight into whether estradiol, progesterone, or testosterone levels may be contributing to your specific symptoms, refer to the "Finding Your Optimal Hormone Dose" guide in the tools section of [Essend.io](https://essend.io).

Got questions? Head over to the Community Discord Chat—it's part of your Essend Community membership! I'll be there to help guide you.

Reference: Greene, JG. Constructing a Standard Climacteric Scale. *Maturitas*. 1998;29:25-31.