

# ARE YOU IN PERIMENOPAUSE QUIZ?



1. Do you experience irregular periods?

- a) Yes, I notice a change in the frequency or duration of my periods.
- b) No, my periods are still regular.

2. Have your periods become lighter, heavier, and/or more painful?

- a) Yes, my period flow has changed and/or my cramps are worse.
- b) No, my flow/cramping hasn't changed.

3. Have you noticed changes in your energy, mood, emotions, focus or memory?

- a) Yes, I'm more fatigued, irritable, emotional, moody, anxious, depressed or distracted.
- b) No, my emotions are relatively stable.

4. Are you having trouble sleeping or experiencing insomnia?

- a) Yes, I am having difficulty falling asleep or staying asleep (or both).
- b) No, my sleep is not affected.

5. Have you experienced hot flashes or night sweats?

- a) Yes, I have experienced sudden sensations of heat, sweating, or flushing.
- b) No, I have not experienced any of these symptoms.

6. Have you noticed changes in your libido, vaginal dryness or more frequent UTIs?

- a) Yes, I have experienced a decrease in libido, vaginal dryness and/or UTIs.
- b) No, my libido and vaginal lubrication are unchanged.

7. Have you experienced physical changes such as weight gain, loss of muscle mass, joint pain, headaches, palpitations, or digestive issues like constipation or acid reflux?

- a) Yes, I have experienced one or more of these physical symptoms.
- b) No, I have not experienced any physical changes.

8. Have you noticed changes in your skin, such as dryness, itchiness, or acne?

- a) Yes, my skin has changed in some way.
- b) No, my skin has not changed.

**SCORING: for each question, give yourself 1 point for each "yes" answer and 0 points for each "no" answer. Interpretation:**

- 0-2 points: It's unlikely that you are in perimenopause at this time.
- 3-5 points: You may be in the early stages of perimenopause.
- 6-8 points: You are likely in perimenopause.

**If you scored 6-8 points, you're likely in perimenopause, but no need to worry.**

**But good news:** you can do something about it, but it takes a functional health approach including nutrition and lifestyle changes, as well as replacing hormones when/if the time is right for YOU.

Please see our DUTCH hormone and YOUR.Peri/Meno programmes with special bonuses where we can guide you 1:1 with functional lab testing - check this out on the website or in the IG bio.

Or contact us for a free discovery call.

[www.barleycornclinic.com](http://www.barleycornclinic.com)