

Perimenopause Quiz

There are no right or wrong answers; simply respond as you see fit and see if you are in perimenopause.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I am between the ages of 40 and 55	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I experience heat at night sometimes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My moods are more irritable, out of control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have a hard time sleeping sometimes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My PMS seems to be a more noticeable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I am having a harder time releasing weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My hair seems to be thinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I don't find I have as much interest in sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My periods are changing (lighter/heavier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score _____

Write me back and let me know how you scored

Dr. Jada
NATUROPATH