

PERIMENOPAUSE PREVENTIVE CARE CHECKLIST

Balanced Roots Wellness

SECTION 1 — MEDICAL & PREVENTIVE SCREENING

Annual Health Review

- ☐ Physical exam
- ☐ Blood pressure check
- ☐ Thyroid screening (TSH + symptom review)
- ☐ Metabolic labs (A1c, fasting glucose, lipid panel)
- ☐ Bone density baseline (as recommended)
- ☐ Pelvic exam & cervical screening
- ☐ Breast exam + mammogram schedule review
- ☐ Family history review (heart disease, osteoporosis, early menopause)

SECTION 2 — SYMPTOM TRACKING & EARLY AWARENESS

Weekly Symptom Log

- ☐ Cycle changes (length, flow, irregularity)
- ☐ Sleep disruptions
- ☐ Mood shifts (irritability, anxiety, low mood)
- ☐ Cognitive changes (brain fog, focus difficulty)
- ☐ Hot flashes / night sweats
- ☐ Vaginal dryness or discomfort
- ☐ Libido changes
- ☐ Joint pain or stiffness
- ☐ Weight or metabolic changes
- ☐ Skin or hair changes

Tip: Patterns matter more than individual days.

SECTION 3 — HORMONAL HEALTH CONVERSATIONS

Questions for Your Provider



- ☐ “Can we talk about perimenopause as a preventive care window?”
- ☐ “How do hormonal changes affect long-term health?”
- ☐ “What evidence-based options are available for symptom support?”
- ☐ “Can we discuss the role of HRT during early transition?”
- ☐ “What are my personal risk factors?”
- ☐ “Can you share updated research, not outdated early-2000s studies?”
- ☐ “If HRT isn’t appropriate, what non-hormonal options exist?”

SECTION 4 — HRT EDUCATION & PREPAREDNESS

Understanding Your Options

- ☐ Difference between estrogen, progesterone, and combination therapy
- ☐ The “timing window” concept
- ☐ How HRT may support: – Bone density – Cardiovascular health – Sleep – Mood – Cognitive clarity – Vaginal & sexual wellness
- ☐ Review potential benefits and risks
- ☐ Discuss how symptoms will be monitored over time

SECTION 5 — LIFESTYLE FOUNDATIONS FOR HORMONAL STABILITY

Daily Wellness Practices

- ☐ Movement (walking, stretching, strength training)
- ☐ Balanced nutrition (protein + fiber focus)
- ☐ Hydration goals
- ☐ Stress-reduction practices (breathwork, grounding, journaling)
- ☐ Nature exposure
- ☐ Sleep hygiene routine
- ☐ Limit alcohol and smoking
- ☐ Build a support network

SECTION 6 — EMOTIONAL & MENTAL WELLNESS

Mind-Body Support



- ☐ Identify top stressors
- ☐ Practice one grounding exercise daily
- ☐ Use a mood tracker
- ☐ Set boundaries around energy-draining commitments
- ☐ Seek support if anxiety or depression increases
- ☐ Celebrate small wins and body awareness

SECTION 7 — ADVOCACY & SELF-EMPOWERMENT

Healthcare Navigation Tools

- ☐ Bring a written symptom list to appointments
- ☐ Ask direct questions
- ☐ Request clear explanations
- ☐ Seek a second opinion if you feel unheard
- ☐ Remember: perimenopause is a legitimate health stage

SECTION 8 — PERSONAL GOALS

Your Monthly Focus

- ☐ “This month I want to improve...”
- ☐ “One habit I’m building is...”
- ☐ “One symptom I want to track more closely is...”
- ☐ “One question I’ll ask my provider next visit is...”

