

What Is Your *Perimenopause Impact Score*?

A self-assessment for women navigating perimenopause

Dr. Tricia Breckon, BSc, MA, ND

For each item, circle one: ☐ Green — not an issue ☐ Orange — sometimes / mild ☐ Red — frequent / significant

Hormones

Cycle regularity or MHT response

Regular / MHT stable · **irregular or symptoms persist** · cycle chaos / heavy bleeding

☐ G ☐ O ☐ R

Hot flashes & night sweats

None / fully controlled · **occasional, manageable** · frequent, disrupting daily life

☐ G ☐ O ☐ R

Vaginal dryness, pain, or sexual concerns

None · **some discomfort, not yet addressed** · affecting intimacy or daily comfort

☐ G ☐ O ☐ R

Bladder control

No leakage or urgency · **occasional with cough / laugh** · regular leakage affecting life

☐ G ☐ O ☐ R

Sleep

Falls & stays asleep easily · **trouble falling asleep, wakes 1–2x** · chronic insomnia, exhausted

☐ G ☐ O ☐ R

Mood & emotional resilience

Stable, resilient · **swings or irritability, especially premenstrual** · anxiety, depression, or rage, "not like me"

☐ G ☐ O ☐ R

What I noticed about my hormones:

Digestion & Elimination

Bowel regularity

Daily, easy, complete · **every 2–3 days, or loose / urgent** · constipation, incomplete, or IBS-type

☐ G ☐ O ☐ R

Bloating

Minimal · **regular, especially after meals** · significant, distension, or pain

☐ G ☐ O ☐ R

Skin clarity

Clear, no gut-related breakouts · **occasional breakouts or hormonal acne** · chronic issues or reactivity to many foods

☐ G ☐ O ☐ R

Alcohol & rich food tolerance

Tolerates without feeling unwell · **sluggish / "off" after one drink or rich meal** · noticeably affected by small amounts

☐ G ☐ O ☐ R

What I noticed about my digestion:

WORTH KNOWING

Perimenopause lasts an average of four years, but for some women it's as short as a few months or as long as a decade. There's no "normal" timeline — your experience is your own.

"What you've been experiencing is real, and it has a clinical explanation."

— Dr. Tricia Breckon

Metabolic Health

Energy & cravings

Steady, no crashes or cravings · **crashes after meals, sugar / carb cravings** · **significant fatigue, fog, or swings daily**



Body composition

Healthy without extreme effort · **unexplained gain, especially midsection** · **gain despite no diet / exercise change**



Blood sugar awareness

Tested and optimal · **haven't tested fasting insulin / blood sugar recently** · **known insulin resistance, pre-diabetes, or metabolic syndrome**



What I noticed about my metabolic health:

Cardiovascular & Brain Health

Memory & mental clarity

Sharp most days · **occasional brain fog or word-finding issues** · **significant lapses or persistent fog**



Stress resilience

Intact, bounce back well · **more anxious / reactive than before** · **chronic anxiety, low tolerance, or burnout**



Blood pressure & cholesterol

Healthy range or well managed · **borderline or not recently checked** · **high BP, high cholesterol, or known cardiovascular risk**



What I noticed about my brain & cardiovascular health:

My Overall Picture

Look back over what you circled. The items marked orange or red are where there's the most opportunity, and where focused support tends to make the biggest difference.

My highest-priority area right now:

One thing I want to change or learn more about:

How I felt at the start of this webinar:

What I want to feel like instead:

Ready for clarity?

If you circled orange or red on one or more items, that's not a life sentence. It's a starting point. In a complimentary **Perimenopause Hormone Clarity Call**, we'll talk through where you are across all four domains and what your next steps could look like.

15 minutes · No cost · 5 spots available each month

Book your call at biorevive.ca/booking/perimenopause-hormone-clarity-call
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