



Strategic Midlife Medicine for High-Performing Women.

Because Average Isn't the Goal.

A 3-MINUTE SYMPTOM CHECK

Could it be perimenopause?

Created by a physician who sees this every day. Many women begin experiencing symptoms years before menopause itself, and are often told everything is normal.

- “ Why am I suddenly exhausted?
- “ Why can't I sleep anymore?
- “ Why don't I feel like myself?

If any of those sound familiar, you are not alone. This quick check can help you recognize whether your symptoms fit a pattern worth exploring.

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Let's see if your symptoms tell a story.

PART ONE

How often have these affected you recently?

Choose one answer in each row. The number above each column is what it is worth. There are no right or wrong answers. Think about the last few months.

Hormones	0 NEVER	1 SOMETIMES	2 OFTEN
Changes in your periods	☐	☐	☐
Hot flashes or sudden warmth	☐	☐	☐
Night sweats	☐	☐	☐
PMS has become worse	☐	☐	☐
Sleep	0 NEVER	1 SOMETIMES	2 OFTEN
Trouble falling asleep	☐	☐	☐
Waking around 2 to 4 AM	☐	☐	☐
Waking up feeling exhausted	☐	☐	☐
Needing caffeine just to get through the day	☐	☐	☐
Brain & Mood	0 NEVER	1 SOMETIMES	2 OFTEN
Brain fog	☐	☐	☐
Forgetfulness	☐	☐	☐
Difficulty concentrating	☐	☐	☐
More anxious or irritable than before	☐	☐	☐
Body	0 NEVER	1 SOMETIMES	2 OFTEN
Fatigue	☐	☐	☐
Weight gain or more belly fat despite similar habits	☐	☐	☐
Dry eyes, dry skin, or thinning hair	☐	☐	☐
Joint aches or stiffness	☐	☐	☐
Sexual & Urinary	0 NEVER	1 SOMETIMES	2 OFTEN
Lower libido	☐	☐	☐
Vaginal dryness or discomfort	☐	☐	☐
Urinary urgency or leakage	☐	☐	☐
Recurrent urinary tract infections	☐	☐	☐

Your score

Add up the numbers you chose

/ 40

Scored **9 or higher**? Your symptoms deserve a closer look. And even **one symptom** that is affecting your daily life is worth talking about, whatever your total.

PART TWO

What does your score suggest?

Find your number below. Wherever you land, it is information, not a verdict.

0–8

Minimal right now

Few symptoms at the moment, which is worth knowing as a baseline. Repeat this check if things change. And if something is bothering you, it is still worth raising, whatever your number says.

9–16

An early pattern

Some of your symptoms fit the pattern commonly seen in early perimenopause, the stage most often brushed off as stress. If they are affecting your quality of life, that alone is reason enough to look closer.

17–28

A recognizable pattern

Many of your symptoms are consistent with changes commonly seen during perimenopause. A comprehensive evaluation can help determine what is contributing and what options may help.

29–40

A significant impact

Your symptoms are having a real impact on daily life. You do not have to simply push through them. There are evidence-based options that may help you feel like yourself again.

One important reminder

This check helps identify patterns. It cannot diagnose perimenopause. Other conditions, including thyroid disorders, iron deficiency, vitamin deficiencies and sleep disorders, can cause very similar symptoms. That is exactly why a comprehensive evaluation matters, and why a single number is only ever a starting point for a conversation.

WHAT COMES NEXT

You don't have to figure this out alone.

If this felt familiar, you are exactly why I created Axis Precision Health.

I believe women deserve more than being told they are too young, that their labs are normal, or that this is just part of getting older. I take a comprehensive, evidence-based approach to understanding the whole picture, so we can build a plan around your goals rather than a single number.

Many women spend years before anyone connects these symptoms. You don't have to.

COMPLIMENTARY 15-MINUTE DISCOVERY CALL

Ready to stop wondering?

Ask whatever you want about how care works here and whether Axis is the right fit for you.

axisprecisionhealth.com



SCAN TO BOOK

WHEN TO SEEK CARE RIGHT AWAY

This check is not for emergencies. Call 911 or seek immediate care for chest pain, shortness of breath, heavy vaginal bleeding, fainting, sudden weakness, or other signs of a medical emergency.

ABOUT THE DISCOVERY CALL

The complimentary discovery call is about how the practice works and whether it is a good fit. It is not a medical appointment and no medical advice is given. We look at your symptom score together at your initial consultation.

A QUICK DISCLAIMER

I am a board-certified physician, but I am not your physician yet. This symptom check is for educational purposes only. It is not medical advice, a diagnosis, or a substitute for care from a professional who knows your history. It is not a validated diagnostic instrument. Your symptoms may have causes other than perimenopause, and treatment decisions should always be made with your own healthcare provider.