

Perimenopause



Perimenopause is the transitional time around menopause. Menopause is when a woman's periods stop

Perimenopause is a natural process caused when your ovaries gradually stop working.

Symptoms:

Symptoms differ from one woman to another, but the common symptoms are:

- Mood changes
- Changes in sexual desire
- Trouble concentrating
- Headaches
- Night sweats
- Hot flashes
- Vaginal dryness
- Trouble with sleep
- Joint and muscle aches
- Heavy sweating
- Having to pee often
- PMS-like symptoms

Risk factors:

- The onset of menopause occurs 1 to 2 years earlier in women who smoke than in women who don't smoke.

- Women with a family history of early menopause may experience early menopause themselves.
- Treatment for cancer with chemotherapy or pelvic radiation therapy has been linked to early menopause.
- A hysterectomy that removes the uterus, but not the ovaries, usually doesn't cause menopause. But such surgery may cause menopause to occur earlier than average.

Complications:

- Bleeding is very heavy, or lasts longer than seven days
- Bleeding occurs between periods
- Periods regularly occur less than 21 days apart

Treatment:

There isn't any treatment to stop perimenopause. Perimenopause is a natural part of life and it doesn't need "cure"

But your doctor may prescribe treatment to help ease symptoms like:

- **Antidepressants:** to help with mood swings or depression.
- **Birth control pills.** These medications stabilize your hormone levels and typically relieve symptoms.
- **Estrogen therapy:** This treatment stabilizes estrogen levels. You may take estrogen therapy as a cream, gel, patch or swallowable pill.
- **Vaginal creams:** Your doctor can tell you about prescription and over-the-counter options. Treatment can decrease pain related to sex and relieve vaginal dryness.

