

# Navigating PCOS in PERIMENOPAUSE

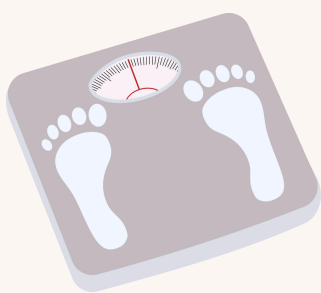
understanding how hormonal changes  
affect symptoms and health risks



## SYMPTOMS THAT MAY PERSIST OR WORSEN



IRREGULAR  
PERIODS



WEIGHT  
GAIN



ACNE

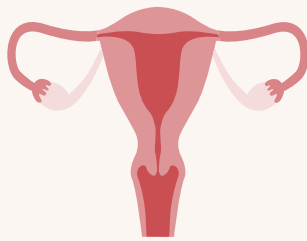


CARDIOVASU  
LAR  
RISKS

### Why Its Complicated ?

Perimenopause can mask , mimic , or  
even reactivate PCOS symptoms due to  
hormonal shifts

## KEY HEALTH AREAS TO MONITOR



PCOS + irregular  
cycles = higher  
risk of  
endometrial  
hyperplasia



Blood sugar  
and  
Cholesterol  
monitor  
regularly



Mental  
Health And  
Anxiety -  
depression  
may  
strike .



watch out  
for  
symptoms  
like hair  
loss, acne

### How Le Nest Helps You ?

- PCOS + Perimenopause focused checkups
- Endometrial thickness scans, blood sugar, and hormonal profiling
- Lifestyle + nutrition planning for long-term risk reduction

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