

Is Your Skin Feeling Dry, Dull, or Suddenly Sensitive?

- PERIMENOPAUSE MIGHT BE THE REASON

WHY THESE CHANGES?

Hormonal shifts especially declining estrogen can affect skin, hair, and nails.

SYMPTOMS

Dry Skin & Itchiness – Due to reduced oil production.

Wrinkles & Fine Lines – Collagen loss leads to thinner skin.

Sagging & Loss of Elasticity – Especially around jawline, cheeks.

Acne or Breakouts – Hormonal imbalance may trigger adult acne.

Increased Facial Hair – Chin and upper lip hair may appear.

WHAT CAN YOU DO ?

Hydration is key.

Drink water and use hydrating skincare with hyaluronic acid or ceramides.

Choose gentle, pH-balanced cleansers.

Avoid harsh soaps or alcohol-based products.

Add a retinol or peptide-based night cream.

These help boost collagen and reduce fine lines.

Sun protection—daily, without fail.

Estrogen-deficient skin is more prone to UV damage.

Eat antioxidant-rich foods.

Vitamin C, E, omega-3s, and zinc help fight aging.

Talk to a dermatologist or gynecologist.

Hormonal support (like low-dose estrogen therapy) can rejuvenate skin from within.

DR. MUKESH GUPTA
OBSTETRICIAN &
GYNAECOLOGIST

