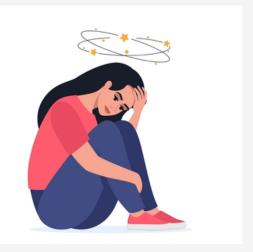
MENOPAUSE



EXPERIENCING DIZZINESS?

Hormone levels fluctuate unpredictably during perimenopause, they can lead to:

- · Sudden drops in blood pressure
- Changes in blood flow to the brain
- Altered inner ear function
- This can result in episodes of dizziness, light-headedness, or vertigo





YOU MAY NOTICE

- Heavier bleeding than usual
- Shorter cycles, with periods occurring more frequently
- Longer-lasting periods
- Excessive or frequent bleeding can lead to iron-deficiency anaemia.

WHEN TO CONSULT US?

- · Blurred or double vision
- Slurred speech
- Sudden weakness or numbness, especially on one side of the body these may indicate a more serious underlying issue such as stroke.

