

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 .*



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