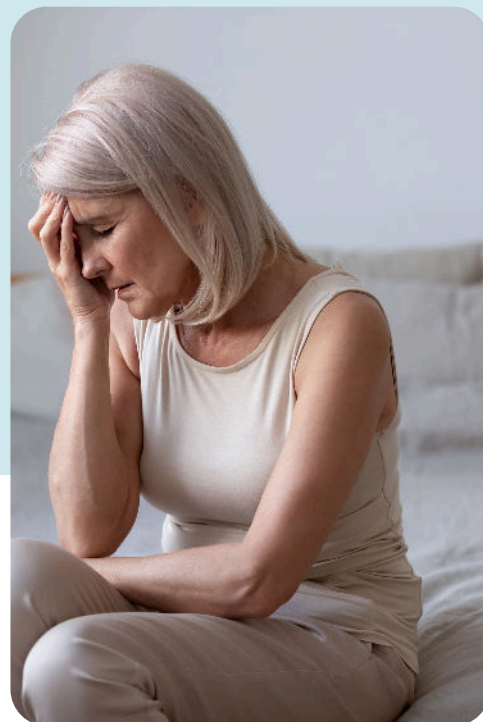


About Perimenopause and Menopause



What is Perimenopause?

It's the lead-up to menopause (running out of eggs, oestrogen levels reducing).

- Time of hormonal chaos
- Periods become irregular (cycles may be longer or shorter)
- Menopausal symptoms begin
- Change in body shape - more weight in midsection

What is Menopause?

It's the final menstrual period (no more eggs).

- Physical symptoms such as hot flushes, night sweats, vaginal dryness, sleep issues, weight gain, itchy skin
- Emotional symptoms like anxiety, irritability, mood swings, lower libido, difficulty concentrating

What about Postmenopause?

This refers to 12 months after the final menstrual period.

- Increased risks of some chronic conditions

Iatrogenic Menopause is medical menopause brought on by medical or surgical procedure.
Premature Menopause is when periods stop before 45 years old.



Perimenopause Symptoms

- Perimenopause on average lasts 4 years, can last 8-10 years
- 80-90% of women experience significant symptoms
- 25% call them debilitating
- 20% have no symptoms



Vasomotor symptoms: Hot flashes, night sweats



Physical symptoms: Thinning hair, dry skin and nails, weight gain, bone loss, vaginal and vulval issues, joint or muscle pains, bladder issues



Cognitive symptoms: Brain fog



Mood symptoms: Mood issues, sexual dysfunction, sleep issues, unexplained fatigue



Changes in periods

When Do You Need To See A Doctor?



IF YOUR PERIODS STOP NATURALLY UNDER 45 YEARS OLD



IF YOU HAVE IRREGULAR PERIODS, ABNORMAL BLEEDING, BLEEDING AFTER INTERCOURSE



IF SYMPTOMS BOTHER YOU, THIS CAN INCLUDE ONE OR A COMBINATION OF THESE:

Brain fog	Hot Flash
Depression	Weight Gain
Thinning Hair	Sexual Dysfunction
Dry Skin	Bladder or Vaginal Issues
Sleep Issues	



Treatments

These are some treatment options to help manage symptoms of perimenopause and menopause - MHT or HRT, non-hormonal medication, complementary therapies, lifestyle changes.

MHT or HRT

MHT stands for Menopausal Hormone Therapy or formerly known as Hormonal Replacement Therapy may include oestrogen and progesterone and is usually the most effective treatment at reducing vasomotor symptoms but it may not be suitable for everyone.

Hormonal medications include:

- Body identical hormones
- Intrauterine device (IUD)
- Vaginal pessaries
- The medications can also come in forms of patches, creams, gels, tablets

Non-hormonal medications

- Vaginal lubricants, oil and moisturiser to aid with vaginal dryness
- Low level antidepressant medications
- Clonidine (used for blood pressure & migraine)
- Gabapentine (epilepsy & seizure medication)

Complementary therapies

- Counseling such as Cognitive Behavioral Therapy (CBT)

Lifestyle changes

- By implementing the six fundamentals of Lifestyle Medicine: Physical activity, sleep hygiene, eating well, managing stress levels, maintaining meaningful social connections and avoiding harmful substances
- IMC's Lifestyle Medicine certified GPs can help with lifestyle coaching

Pharmacy-compounded (bioidentical) Hormones are mixtures of hormones handmade by pharmacists, these are NOT RECOMMENDED, as there is no evidence of safety or efficacy and no control over production, prescribing or dosing

