

Know the symptoms of Perimenopause

Oestrogen, progesterone and testosterone are hormones that play important roles in a woman's reproductive system. During perimenopause, the levels of these hormones can fluctuate, which can have an impact on a woman's symptoms and overall health. Perimenopausal symptoms can be experienced 5-6 years before menopause. Symptoms of perimenopause can vary widely, but here are some things you can do to increase your awareness of what is happening to you.



Keep track of your menstrual cycle

As you approach perimenopause, your menstrual cycle may become irregular, which means that the length of your cycle may vary from month to month, and you may experience heavier or lighter bleeding than usual. You may also skip periods or have more than one period in a month. Keeping a menstrual calendar can help you track these changes and identify any patterns or irregularities.



Look out for hot flashes and night sweats

One of the most common symptoms of perimenopause is hot flashes, which are sudden sensations of heat that may cause sweating and flushing of the skin. Night sweats, which are hot flashes that occur during sleep and cause you to wake up feeling damp or soaked in sweat, are also common. These symptoms can be mild or severe and may last for several minutes to an hour.



Pay attention to changes in mood and energy levels

Perimenopause can cause a range of emotional symptoms, including mood swings, irritability, anxiety, and depression. You may also experience fatigue, difficulty sleeping, and decreased libido. These symptoms can be due to changes in hormone levels and may have a significant impact on your quality of life.



Monitor your vaginal health

Perimenopause can cause changes in your vaginal health, such as dryness, itching, and discomfort during sex. These symptoms can be due to a decrease in oestrogen levels, which can cause the tissues in the vagina to become thinner and drier. If you experience any of these symptoms, talk to your healthcare provider, who may recommend over-the-counter or prescription treatments.



Consider genetic and lifestyle factors

While perimenopause is part of the aging process, certain genetic and lifestyle factors may influence when and how you experience symptoms. For example, if your mother or sister had an early menopause, you may be more likely to experience perimenopause symptoms at a younger age. Smoking, alcohol consumption, and a sedentary lifestyle may also contribute to perimenopause symptoms.

In summary, perimenopause symptoms can be diverse and may vary from woman to woman. By keeping track of your menstrual cycle, monitoring your physical and emotional health, and discussing any concerns with your healthcare provider, you can better recognise and manage perimenopause symptoms.

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