

Perimenopause and Menopause: What's Really Going On

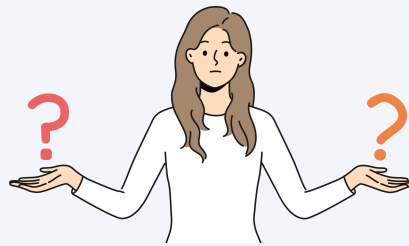
A straightforward guide to understanding symptoms and yourself.



What's the Difference Between Perimenopause & Menopause?

Perimenopause

The years-long transition before menopause, often starting in your late 30s or 40s.



Menopause

Officially defined as 12 months after your last menstrual cycle.

What You Might Be Feeling

Hormonal & Physical

- Irregular or heavier/lighter periods
- Hot flashes or chills
- Night sweats
- Weight gain
- Dry, itchy, or sensitive skin
- Fatigue
- Sleep issues or insomnia
- Headaches or migraines
- Heart palpitations
- Muscle aches or joint pain

Cognitive & Emotional

- Brain fog (difficulty focusing or remembering things)
- Mood swings
- Increased anxiety or low mood
- Lower self-esteem or confidence dips
- Feeling overwhelmed
- Difficulty making decisions or staying organized

Intimate Health

- Vaginal dryness or discomfort
- Reduced sexual desire
- More frequent UTIs or urgency
- Dry mouth or gum sensitivity
- Pelvic floor weakness or mild incontinence
- Bloating or digestive changes

Why Understanding Matters

When you understand what's happening in your body, it's easier to ask for what you need.

Track What You Notice

Helps you see patterns over time, advocate for support, and see the bigger picture.

