Perimenopause Symptoms

Jenny Halbgewachs, CCC, MAC & Menopause Doula

Book Here

Dr. Lisa Misconoi in her book The Menopause Brain, states: "Menopause is one of the best kept secrets in our society. Not only has there been no proper education or culture of support around this rite of passage common to all women, but often menopause isn't even discussed within families." She notes that menopause education often overlooks changes in the brain. This transition affects the whole body, and new symptoms may be part of it—but not everything is menopause. Tracking symptoms at midlife matters. You have not failed, and you are not losing your mind. Let me invite you to consider the symptoms and reflection questions below.

Hormones

-period changes: shorter, heavier, longer, irregular or skipping
-hot flashes
-cold flashes
-night sweats
-low libido

Brain & Body

-sleep disruptions: waking up at 3 am, difficulty returning to sleep
-fatigue
-brain fog
-forgetfulness
-trouble concentrating
-memory loss
-breast pain or tenderness
-dry eyes
-dry hair
-dry skin
-tinnitus
- lack of focus

Genitourinary Health

-incontinence
-urgency to urinate
-bladder infections
-vaginal or vulvar dryness and/ or irritation
-painful sex

Emotional

-anxiety
-mood changes
-flat moods
-irritability
-nervousness
-lack of self-confidence
-not feeling like yourself
-overwhelm
-depression
-rage

Metabolic

-weight gain, especially in the abdominal area
-blood sugar dysregulation
-food intolerances
-bloating
-lack of energy
-increased hunger
-sugar cravings

Physical Health

-joint pain
-muscle aches
-decreased strength
-reduced flexibility and mobility
-Frozen shoulder
-heel pain
-reduced bone density

Some questions to guide you on tracking symptoms and patterns in your menopause journey:

- Have your periods changed in timing, length, flow, or level of discomfort?
- How predictable are your periods? Is this pattern normal or abnormal for you?
- What changes have you noticed in your sleep, mood, energy, concentration, or memory?
- Have you experienced hot flashes or night sweats?
- Have you noticed changes in your libido, vaginal or urinary comfort, or joint and muscle aches?
- When did these changes begin, and how are they affecting your daily life?
- Have your relationships changed? If so, how?