

Perimenopause is...

A distinct and often misunderstood phase of ovarian aging, separate from menopause itself. Starting symptoms of perimenopause usually happen from age 35 and end about age 58.

Perimenopause includes the years before a woman's last menses.

Some have referred to this time as being a "second puberty" as hormonal fluctuations seem to go haywire, just like in teen puberty.

Honorable mention;
Menopause is only one day. It is the one day after 12 months of no period. After this one day, a woman is then considered to be post menopausal.

GOT QUESTIONS? CONTACT ME

support@chemainesmodelhealth.com
or on Facebook and Instagram @
Chemaines Model Health.

You can also watch my conversations on hormone health and perimenopause with some of the best doctors and experts in the field on YouTube @
Chemaines Model Health.



The perimenopause puzzle



The perimenopause pamphlet.

Helping you understand
what's happening.

*"And the beauty of
a woman, with
passing years only
grows!"*
Audrey Hepburn

Perimenopause is a transition phase, not just a prelude. It is the years before menopause, lasting anywhere from 2 to 15 years. During which menstrual cycles shift and symptoms begin. Culminating in a last period and then a 12 month “menopause” marker.

It is a time of hormonal turbulence, especially in terms of estrogen. Estrogen levels can be seen to be their highest in a woman’s life during perimenopause and are a big consideration in the symptoms of perimenopause, especially those of pms and menstrual issues, and weight gain.

Whereas, during perimenopause progesterone, our most valued calming joyful hormone of youth and fertility declines at a steady, and sometime fast rate. This steep decline in progesterone leaves women with no protection against the havoc that excess estrogen causes. And thus no help with the symptoms that are commonly experienced during perimenopause.

Perimenopause is “Estrogens Storm Season” as termed by Dr Jerilynn Prior, professor of endocrinology and gynecology at The University of BC.

There are several phases of perimenopause;

- Phase A - Still regular cycles but with high estradiol, resulting in recurring PMS like symptoms.
- Phase B-D - growing cycle irregularities, increased anovulatory episodes, unpredictable estrogen, more intense hot flashes, night sweats and menstrual changes.
- Phase E - Beginning after the last menstrual period and ending with menopause.

Dr Jerilynn Prior likens perimenopause to the “chaos of crashing waves during a hurricane’, while menopause itself is a calmer horizon.



Rediscovering who you are



All is not lost during perimenopause though ... it is the perfect time for rediscovering who you are. A time to start prioritizing yourself and your needs again.

The hormonal changes of perimenopause don’t just affect your body, they affect your mood, motivation and mental clarity too. While this can be disorientating, it can also help to break old patterns and help you see what’s not working in your life anymore.