10 Surprising Signs You’re in Perimenopause (Most Women Miss These!) Transcript

(Transcripts are generated by AI and may contain errors)

10 Signs You Might Be in Perimenopause

You notice that your You notice that your periods periods periods are behaving strangely. Your are behaving strangely. Your heart is beating wildly heart is beating wildly while you're just sitting while you're just sitting on the couch. You've gained on the couch. You've gained weight around your waist, and weight around your waist, and it's crazy. Nothing has it's crazy. Nothing has changed. No changed. No diet has changed, diet has changed, nor has exercise.

nor has exercise. Your ears are strangely Your ears are strangely itchy. And your itchy. And your brain feels like it's brain feels like it's working working working on a wall of fog. It's as if there is on a wall of fog. It's as if there is nothing that nothing that calculates. It's calculates. It's becoming harder for you becoming harder for you to complete, ahem, to complete, ahem, tasks. So what are you tasks. So what are you doing? You doing? You consult consult consult a cardiologist because of a a cardiologist because of a rapid rapid rapid heartbeat. You heartbeat. You consult an ENT doctor because of doctor because of itching in your ears. You itching in your ears. You are seeing a are seeing a neurologist or neurologist or therapist because of therapist because of memory problems. And memory problems. And after months of after months of appointments, no one, not appointments, no one, not even a single even a single specialist, specialist, specialist, utters a single utters a single word that is really behind word that is really behind all this.

Perimenopause. Perimenopause. Today we'll Today we'll look at 10 signs that look at 10 signs that you may you may be in perimenopause. Including the Including the sneaky ones that almost sneaky ones that almost everyone misses.

everyone misses. Additionally, I will explain why Additionally, I will explain why blood tests may blood tests may actually actually actually miss these signs completely.

miss these signs completely. You may be told You may be told that you are normal, that you are normal, even if you even if you feel feel feel completely miserable.

completely miserable. Before we get Before we get to these 10 signs, I want to to these 10 signs, I want to dispel one dispel one huge misconception. huge misconception.

Perimenopause is not Perimenopause is not just about low just about low estrogen and estrogen and progesterone levels. In progesterone levels. In clinical medicine, clinical medicine, we actually we actually use a use a staging system, but staging system, but it's really a transition.

She literally She literally breaks down the transition to breaks down the transition to menopause into menopause into premenopause, two premenopause, two stages of perimenopause, and then menopause and, and then menopause and postmenopause. So, postmenopause. So, at the beginning of at the beginning of perimenopause, you perimenopause, you start to experience several start to experience several cycle changes. You may cycle changes. You may notice that your notice that your periods are periods are periods are different or different or your cycles are your cycles are days or more different from days or more different from your your your baseline. So, if baseline. So, if you usually have a 28-day you usually have a 28-day cycle, you now have a 21- day or 35-day day or 35-day cycle. And your estrogen is cycle. And your estrogen is n't really the n't really the problem. It is problem. It is constantly rising and constantly rising and falling. It's actually a falling. It's actually a hormonal roller coaster hormonal roller coaster hormonal roller coaster.

.. This is actually a This is actually a progesterone-induced phenomenon. progesterone-induced phenomenon. Unlike late Unlike late perimenopause, you perimenopause, you start to start to skip skip skip periods altogether.

You periods altogether. You can have breaks of can have breaks of 2 months, 3 months, 4 2 months, 3 months, 4 months.

months. months. Estrogen levels have been steadily Estrogen levels have been steadily declining throughout the declining throughout the early phase, and now early phase, and now symptoms tend to symptoms tend to shift toward shift toward those of low those of low estrogen. Until estrogen. Until you reach the you reach the point where you have been point where you have been without a period for 1 year without a period for 1 year or 12 or 12 consecutive months. And it's consecutive months. And it's officially that day, officially that day, menopause. So, menopause. So, estrogen becomes estrogen becomes more of a problem in more of a problem in late perimenopause. So understanding. So understanding where you are on the where you are on the timeline and that's timeline and that's important for what important for what treatment you treatment you go through as well as go through as well as what what what symptoms you have. And that's why it's symptoms you have. And that's why it's important to know important to know what stage you're at what stage you're at so you so you can get the can get the right treatment.

right treatment. So, let's So, let's delve into the 10 signs. Sign number one:. Sign number one: unexpectedly heavy unexpectedly heavy periods, periods, periods, unpredictable unpredictable unpredictable periods, periods, periods, irregular cycles, irregular cycles, possibly painful possibly painful periods.

periods. periods. Most women Most women expect their expect their periods to periods to periods to actually become actually become lighter in lighter in perimenopause. But at perimenopause. But at the beginning of the beginning of the beginning of perimenopause, perimenopause, perimenopause, as as as estrogen levels rise estrogen levels rise erratically and erratically and build up extra build up extra thickness in the uterus, thickness in the uterus, estrogen is actually estrogen is actually building up the building up the lining, and lining, and progesterone is saying, “ Calm down.” We don't Calm down.” We don't need such a thick need such a thick mucous membrane." mucous membrane." When you have more When you have more estrogen than estrogen than progesterone, you progesterone, you actually experience actually experience heavy periods, heavy periods, like a "full-flow" period, and like a "full-flow" period, and your cycle starts your cycle starts to change from being to change from being 28 days. Essentially, 28 days. Essentially, estrogen thickens estrogen thickens the uterus, and there's the uterus, and there's not enough progesterone to not enough progesterone to say, "Stop." So, say, "Stop." So, you develop you develop thicker thicker thicker uterine tissue, which can uterine tissue, which can lead to heavy, lead to heavy, painful periods. And then the unstable. And then the unstable loss of progesterone loss of progesterone leads to a change in leads to a change in cycle length. This cycle length.

Signs 1u20134: Period Changes, Breast Tenderness, Hot Flashes & Joint Pain

This is accompanied by is accompanied by is accompanied by sign number two, which is breast tenderness and swelling. When breast tenderness and swelling. When you have a lot more you have a lot more estrogen, like estrogen, like heavy bleeding, heavy bleeding, your breasts may your breasts may be sore or be sore or tender, and this is tender, and this is caused by these caused by these constant spikes of constant spikes of high and low high and low estrogen levels that estrogen levels that stimulate the stimulate the breast tissue. It breast tissue. It feels like PMS, feels like PMS, but lasts a long, but lasts a long, long time and happens long time and happens very unpredictably very unpredictably in your cycle due to the in your cycle due to the ebb and flow of ebb and flow of estrogen. Sign estrogen. Sign number three, hot flashes number three, hot flashes and night sweats.

and night sweats. Your Your Your brain's thermostat is located in brain's thermostat is located in the hypothalamus, which is the hypothalamus, which is filled with filled with filled with estrogen receptors. When estrogen receptors. When estrogen levels estrogen levels start to fluctuate, start to fluctuate, up and down, your up and down, your internal thermostat internal thermostat becomes very sensitive.

It perceives a It perceives a tiny change in tiny change in temperature as a crisis temperature as a crisis and triggers a massive and triggers a massive release of heat. This is release of heat. This is the tide. At night, when the tide. At night, when your body starts your body starts to cool down, which is to cool down, which is normal, which is how normal, which is how we fall asleep and sleep, these tiny droplets, these tiny droplets cause night cause night sweats, and you sweats, and you feel feel feel wet, shivery, wet, shivery, and just kind of miserable

and just kind of miserable. You may. You may even even even start to notice right before this start to notice right before this that your that your temperature is high, temperature is high, as if you are taking off as if you are taking off the blanket. Sign number the blanket. Sign number four: four: four: joint stiffness and joint stiffness and frozen shoulder syndrome.

frozen shoulder syndrome. Estrogen is a powerful Estrogen is a powerful anti-inflammatory anti-inflammatory anti-inflammatory for your for your joints. When it joints. When it falls, the connective falls, the connective tissue is lost, tissue is lost, so you lose so you lose flexibility in the joint. A flexibility in the joint. A huge red huge red flag in flag in middle age is something middle age is something called called called frozen shoulder syndrome. The frozen shoulder syndrome. The shoulder capsule has shoulder capsule has dense dense dense estrogen receptors. When estrogen receptors. When levels drop, levels drop, the tissue becomes inflamed the tissue becomes inflamed and tense, and and tense, and stiffness develops. So that's stiffness develops. So that's when you notice that you when you notice that you can't raise your can't raise your arm or shoulder above the arm or shoulder above the shoulder, and it's stiff, shoulder, and it's stiff, causing severe causing severe pain. In integrative pain. In integrative medicine, when we medicine, when we treat women with treat women with hormone hormone hormone therapy, their therapy, their chronic chronic chronic knee and shoulder pain knee and shoulder pain often often often goes away so significantly that goes away so significantly that they end up they end up canceling their canceling their visit to the orthopedic surgeon visit to the orthopedic surgeon because it because it helps them helps them improve flexibility, improve flexibility, collagen, and collagen, and joint health. Sign joint health. Sign number five: sudden number five: sudden heartbeat. You can heartbeat. You can just sit on just sit on the couch and feel the couch and feel your heart flutter your heart flutter and speed up. And and speed up. And often it is very scary. This causes. This causes great concern because your heart's normal pacemaker, the your heart's normal pacemaker, the syandro-adenocyst node, is syandro-adenocyst node, is rich in rich in estrogen receptors, which estrogen receptors, which helps helps helps maintain a maintain a maintain a steady, rhythmic steady, rhythmic electrical rhythm.

electrical rhythm. When estrogen levels When estrogen levels fluctuate, and fluctuate, and progesterone levels fluctuate, this progesterone levels fluctuate, this electrical electrical electrical stability stability stability is disrupted. And you is disrupted. And you may notice that may notice that you have problems with your you have problems with your heartbeat. If you are heartbeat. If you are experiencing shortness of breath experiencing shortness of breath or feel like or feel like something is wrong, something is wrong, go to the go to the emergency room. This does not emergency room. This does not replace making a replace making a diagnosis, but it may diagnosis, but it may be related to this be related to this transition. Sign transition. Sign number six, number six, the worst one that everyone the worst one that everyone hates, is fat here, hates, is fat here, in the middle of the belly.

in the middle of the belly. When estrogen levels are When estrogen levels are optimal, your optimal, your body tends to body tends to store fat in your store fat in your thighs. And when it thighs. And when it drops, you start to drops, you start to accumulate more accumulate more in your stomach. Lower in your stomach. Lower estrogen levels estrogen levels also make tissues also make tissues more sensitive to more sensitive to insulin, which insulin, which means your means your body body body stores sugar stores sugar as as as visceral fat much more easily, visceral fat much more easily, even if your even if your training and diet training and diet haven't changed. Which will be haven't changed. Which will be one of the most one of the most unpleasant things.

unpleasant things. In fact, I made a In fact, I made a video on how to video on how to get rid of get rid of get rid of visceral fat, visceral fat, check it out. Symptom check it out. Symptom number seven, I can't number seven, I can't sleep. While night sleep. While night sweats and sweats and hot flashes can hot flashes can make it difficult to sleep, make it difficult to sleep, progesterone is a silent progesterone is a silent sleep killer. It sleep killer. It converts into converts into neurosteroids that neurosteroids that stimulate stimulate stimulate GABA receptors so your brain GABA receptors so your brain can fall asleep and stay asleep.

can fall asleep and stay asleep. When When When progesterone levels drop in progesterone levels drop in perimenopause, you perimenopause, you notice that you can't notice that you can't fall asleep and fall asleep and stay asleep, waking up at stay asleep, waking up at 3:00 a.m., 4:00 a.m. with a 3:00 a.m., 4:00 a.m. with a fuss. And this is fuss. And this is related to the transition related to the transition to perimenopause.

Symptom number eight, Symptom number eight, itching, dry itching, dry skin everywhere. From eyes skin everywhere. From eyes to ears. Estrogen to ears. Estrogen lubricates mucous lubricates mucous membranes as well as membranes as well as the skin. When it falls, the skin. When it falls, dryness occurs dryness occurs everywhere. Dry eyes, dry everywhere.

Signs 5u201310 + Why Blood Tests Can Miss Perimenopause

Dry eyes, dry skin, dry vagina, skin, dry vagina, dry itchy ear dry itchy ear canals, symptoms of canals, symptoms of dry dry dry bladder. So, you bladder. So, you need to need to go to the toilet more often, go to the toilet more often, symptoms of symptoms of symptoms of urgency. All urgency. All this is related to this is related to dry skin. Sign dry skin. Sign number nine: number nine: sudden anxiety, rage, sudden anxiety, rage, or mood swings.

or mood swings. This is definitely my This is definitely my most difficult symptom. most difficult symptom. Estrogen modulates Estrogen modulates key key key neurotransmitters such neurotransmitters such as serotonin, the as serotonin, the happiness hormone, dopamine, the happiness hormone, dopamine, the reward hormone, and reward hormone, and GABA, the sleep hormone. When GABA, the sleep hormone. When its level its level decreases, it seems to decreases, it seems to throw you off throw you off balance. It's not balance. It's not just about a change in just about a change in mood. It's literally mood. It's literally happening to you.

happening to you. This is a biological shift This is a biological shift that can that can trigger sudden trigger sudden panic attacks, panic attacks, bad moods, bad moods, feelings of rage, and feelings of rage, and a feeling that you are not a feeling that you are not yourself. And this is something I yourself. And this is something I see often, and something I have see often, and something I have experienced myself.

experienced myself. Sign number 10: Sign number 10: Brain fog and Brain fog and ADHD symptoms. Estrogen ADHD symptoms. Estrogen improves blood flow to the improves blood flow to the brain. It helps brain. It helps in sugar processing, in sugar processing, how your brain how your brain gets energy, gets energy, especially in the cortex. When especially in the cortex. When estrogen fluctuates, the speed of information processing, the speed of information processing slows down. You slows down. You walk into a room and walk into a room and think, “What am I think, “What am I doing here? "Who's that doing here? "Who's that guy I guy I went to high went to high school with?" You can school with?" You can lose your train of thought lose your train of thought even in the middle of a even in the middle of a sentence. And if you've sentence. And if you've been diagnosed with ADHD, been diagnosed with ADHD, it can feel like a it can feel like a loss of focus and a loss of focus and a feeling of being very, very feeling of being very, very overwhelmed.

overwhelmed. overwhelmed. Okay, finally, Okay, finally, let's look at let's look at the trap. So many the trap. So many women go to the doctor, have their FSH levels measured, have their FSH levels measured, and are told, " Your lab Your lab results are normal." results are normal." You are not You are not perimenopausal." But perimenopausal." But here's the truth. During here's the truth. During perimenopause, FSH levels fluctuate dramatically. On fluctuate dramatically. On Tuesday it might Tuesday it might be 40, the be 40, the menopausal level, and then menopausal level, and then 6 weeks later you 6 weeks later you check it and it's an check it and it's an eight, which is eight, which is completely normal.

One snapshot of this One snapshot of this blood test on a blood test on a random day does not random day does not rule out rule out rule out perimenopause.

perimenopause. perimenopause. In fact, we do In fact, we do n't have a blood test n't have a blood test specifically specifically specifically designed for designed for perimenopause. It is perimenopause. It is based based based mainly on a clinical mainly on a clinical diagnosis, your age, what is happening with, what is happening with your cycle, and your your cycle, and your symptoms. So it symptoms. So it can still be can still be inserted even inserted even if you've had a if you've had a hysterectomy, hysterectomy, hysterectomy, ablation, or an IUD ablation, or an IUD and you don't and you don't know when you know when you actually had your actually had your last cycle. This is last cycle. This is normal, you normal, you can still can still make a diagnosis make a diagnosis because it is a because it is a clinical diagnosis. And a clinical diagnosis. And a blood test is not blood test is not necessary to necessary to prove that you prove that you are in are in perimenopause.

perimenopause. perimenopause. Before assuming every Before assuming every symptom is symptom is perimenopause, your perimenopause, your doctor should also doctor should also check for check for overlapping overlapping overlapping conditions.

conditions. conditions. Thyroid disease, Thyroid disease, thyroid dysfunction, thyroid dysfunction, very often very often leads to fatigue, leads to fatigue, hair loss, hair loss, brain fog – all very similar all very similar symptoms. Things symptoms. Things like elevated prolactin levels can also cause this.

can also cause this. Anemia, low Anemia, low ferritin levels, ferritin levels, electrolyte electrolyte electrolyte abnormalities – all of these abnormalities – all of these should be checked by your should be checked by your doctor to rule out doctor to rule out any other cause. But the good news. But the good news is that you is that you don't have to endure don't have to endure this phase. From this phase. From bioidentical bioidentical progesterone and progesterone and estrogen support in the early estrogen support in the early stages of stages of stages of perimenopause to perimenopause to general general general lifestyle changes such lifestyle changes such as certain foods as certain foods and and and exercise, there are exercise, there are many many many lifestyle strategies and lifestyle strategies and medications that are clear medications that are clear and effective and effective options for options for restoring the desired restoring the desired quality of life. I'm quality of life. I'm curious, leave curious, leave a comment below, which a comment below, which of these 10 symptoms surprised you the most? Or surprised you the most? Or maybe something maybe something you're currently dealing with you're currently dealing with and want and want more answers to.

more answers to. If this video If this video helped you helped you understand, understand, understand, share it with a share it with a friend who friend who needs to needs to see it, see it, subscribe, and subscribe, and follow me for more information more information on on on midlife care.

midlife care. See you after the See you after the