? Heavy periods during perimenopause? Transcript

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Perimenopause and Menopausal Flooding

Are you caught in the middle of a flood? Perimenopause and menopausal flooding is pretty common, and this is when you can have uncontrolled bleeding or a period that doesn't end because of fluctuations in hormones like estrogen and progesterone.

Amyu2019s Birth Control and Hormone Issues

Get ready for a patient's story. So last year I worked with a patient named Amy who was in her mid-40s and had been on birth control for many years. She was told she had ovarian cysts, and that's why she needed to be onbirth control, but it was giving her horrible acne inher 40s.

And she was rapidly gaining weight.

Stopping Birth Control and Prolonged Bleeding

So she wanted to get off the birthcontrol. However, when she stopped thebirthcontrol, she went into a time of flooding. At the time she contacted me, she was bleeding for over 70 days straight.

So what we did is looked at her hormones overall and saw that she needed a boost in progesterone and help managing her cortisol levels.

Balancing Progesterone and Cortisol

And once we balanced those things out, she was able to have periods naturally without any flooding.