It's the Women's Health Show with your host--Dr. LaKeischa Transcript

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Welcome and Show Introduction

[Music] [Music] this welcome to the dr. Lakeisha show we this welcome to the dr. Lakeisha show we are here to talk about perimenopause and are here to talk about perimenopause and menopause welcome welcome welcome so we menopause welcome welcome welcome so we are here I'm here today in beautiful are here I'm here today in beautiful sunny Maryland sunny Maryland matter of fact it is so so hot matter of fact it is so so hot we are actually in the middle of a heat we are actually in the middle of a heat wave it was 97 degrees in my car on the wave it was 97 degrees in my car on the way home today way home today hey dr. Lisa thanks for joining thanks hey dr.

How to Share and Join the Community

Lisa thanks for joining thanks for joining we're gonna let a few more for joining we're gonna let a few more people you know get on jump on before we people you know get on jump on before we start and dive into our discussion today start and dive into our discussion today you know what I want you to do is as you you know what I want you to do is as you jump on or as you look at this as you jump on or as you look at this as you know a replay tag a friend somebody you know a replay tag a friend somebody you know is suffering from certain symptoms know is suffering from certain symptoms and we're going to talk about that and and we're going to talk about that and this is gonna be the place where they this is gonna be the place where they come for their survival back ok this is come for their survival back ok this is this is this is where you're gonna come get your this is where you're gonna come get your tools to help get them to and through tools to help get them to and through perimenopause menopause mm-hmm and so perimenopause menopause mm-hmm and so the other thing I want you to do is you the other thing I want you to do is you see that button down there yeah I think see that button down there yeah I think it's you know over over there yeah that it's you know over over there yeah that share button that one punch that share share button that one punch that share button share this and help somebody button share this and help somebody today because believe me there is today because believe me there is somebody that's gonna need to know where somebody that's gonna need to know where to stop to get their Survival Guide so to stop to get their Survival Guide so we're just gonna wait just a few more we're just gonna wait just a few more minutes to let a couple more people jump minutes to let a couple more people jump on so that they can know where to come on so that they can know where to come for their survival guide while we're for their survival guide while we're waiting for them to join us some of you waiting for them to join us some of you may know me from house call with dr.

may know me from house call with dr. Matt Matt Matt that's our community where we talked that's our community where we talked about people connecting their health about people connecting their health dots we still have that podcast so you dots we still have that podcast so you can go to that page you can like it you can go to that page you can like it you can share it you can follow you can find can share it you can follow you can find that podcast on anywhere you get your that podcast on anywhere you get your podcast you can swim all your podcasting podcast you can swim all your podcasting so house call with dr. Mac is still so house call with dr.

What PMS Means and Common Perimenopause Symptoms

Mac is still available still up and running helping available still up and running helping people connect their health dots so I'm people connect their health dots so I'm gonna go ahead and dive into today's gonna go ahead and dive into today's topic you know I just want to welcome topic you know I just want to welcome everyone once again to this show it is everyone once again to this show it is the p.m. s show I'm your host dr.

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Myth 1: Menopause Happens Suddenly

Myth 2: Hot Flashes Are Required

Myth 3: Hormone Therapy Is Bad

Closing Remarks and Call to Share

Lakeisha pms I know most people just Lakeisha pms I know most people just like well PMS what is PMS is that thing like well PMS what is PMS is that thing that most women you know get right that most women you know get right before they have their cycle but there's before they have their cycle but there's another PMS hairy menopause menopause another PMS hairy menopause menopause symptoms so this is the PMS show I got a symptoms so this is the PMS show I got a question for you ladies did you wake up question for you ladies did you wake up in a body you don't recognize is in a body you don't recognize is everybody seeming to get on your last everybody seeming to get on your last nerve feet does it feel like you're nerve feet does it feel like you're going crazy well you know what you're going crazy well you know what you're not alone not alone trust me and this is where you're gonna trust me and this is where you're gonna come to get your Survival Guide well come to get your Survival Guide well today we're gonna talk about three myths today we're gonna talk about three myths of perimenopause and menopause the first of perimenopause and menopause the first myth is that you just go into menopause myth is that you just go into menopause there's just reproductive life and then there's just reproductive life and then there's menopause where there's there's menopause where there's something called perimenopause and you something called perimenopause and you know what women start experiencing those know what women start experiencing those symptoms even in their 40s for what are symptoms even in their 40s for what are some of those symptoms some of those symptoms their mood becomes a little more their mood becomes a little more unstable they feel that their motivation unstable they feel that their motivation is gone their libido starts going down is gone their libido starts going down yeah they just don't want to have sex yeah they just don't want to have sex anymore or as much as they used to and anymore or as much as they used to and it's bothering one it's bothering one their brain they feel that they're not their brain they feel that they're not as sharp as they used to be so they as sharp as they used to be so they start having this brain fall and some start having this brain fall and some start experiencing vaginal dryness hey start experiencing vaginal dryness hey Debbie thanks for joining us so this is Debbie thanks for joining us so this is the time in our lives where it's the time in our lives where it's perimenopause it's the preamble to perimenopause it's the preamble to menopause some people feel that they menopause some people feel that they just wake up and you just stop having just wake up and you just stop having your period well no there's this time your period well no there's this time where things start getting a little where things start getting a little wonky is what I hear all the time in my wonky is what I hear all the time in my office office office women talk about waking up they don't women talk about waking up they don't recognize themselves they feel like recognize themselves they feel like they're walking sideways and this is they're walking sideways and this is because the hormones have started because the hormones have started declining and we're going to talk about declining and we're going to talk about that in more detail in another on that in more detail in another on Facebook live place so the next myth Facebook live place so the next myth that we're going to talk about is that I that we're going to talk about is that I have to have what we call basal motor have to have what we call basal motor symptoms to be in menopause that's a big symptoms to be in menopause that's a big word I know well what does that mean word I know well what does that mean so vasomotor symptoms are the hot so vasomotor symptoms are the hot flashes and night sweats vaginal flashes and night sweats vaginal dryness and that's usually when there's a and that's usually when there's a decrease in estrogen these things start decrease in estrogen these things start happening as well as a decrease in happening as well as a decrease in testosterone again we're going to get testosterone again we're going to get into all those little hormones and what into all those little hormones and what they do and how they help us so when they do and how they help us so when those start decreasing you start having those start decreasing you start having some of those symptoms not everybody is some of those symptoms not everybody is going to experience those symptoms so going to experience those symptoms so some people equate well I never went some people equate well I never went into menopause because I never had those into menopause because I never had those symptoms the basic definition you all symptoms the basic definition you all know I love definitions the basic know I love definitions the basic definition definition definition menopause is when you have 12 menopause is when you have 12 consecutive months of no period no cycle consecutive months of no period no cycle 12 consecutive months now there's some 12 consecutive months now there's some other nuances in terms of hormone levels other nuances in terms of hormone levels other hormone levels besides the ones other hormone levels besides the ones that we just mentioned but we'll get that we just mentioned but we'll get into those nuances later so myth number into those nuances later so myth number two you don't have to have hot flashes two you don't have to have hot flashes night sweats and vaginal dryness to be night sweats and vaginal dryness to be in

menopause the next myth we're going in menopause the next myth we're going to tackle is that hormone therapy is bad to tackle is that hormone therapy is bad and I shouldn't have it this is one of and I shouldn't have it this is one of those big myths and this came out of a those big myths and this came out of a study that came out my very first date study that came out my very first date of presidency I will never forget it it of presidency I will never forget it it was July 1st 2002 and my program was July 1st 2002 and my program director walked in in a frantic just in director walked in in a frantic just in a frenzy and she was like I got this a frenzy and she was like I got this delivered FedEx to my door is the WHI delivered FedEx to my door is the WHI study and it talks about how all study and it talks about how all hormones are bad they're just bad wine hormones are bad they're just bad wine I'd bushy-tailed new MD we didn't know I'd bushy-tailed new MD we didn't know what to make heads or tails of it and I what to make heads or tails of it and I always say to my my patients now that I always say to my my patients now that I feel that we as doctors really didn't do feel that we as doctors really didn't do the best job in explaining that big the best job in explaining that big study to our patients that study looked study to our patients that study looked at synthetic hormones and it also looked at synthetic hormones and it also looked at women in a particular age bracket at women in a particular age bracket these women were 63 years and older and these women were 63 years and older and they were trying to help them prevent a they were trying to help them prevent a secondary cardiovascular event by giving secondary cardiovascular event by giving them estrogen and progesterone them estrogen and progesterone and so there were there were some and so there were there were some adverse effects that came out of that adverse effects that came out of that study but there were also some other study but there were also some other great studies that emerged and this is great studies that emerged and this is where we talked about bioidentical where we talked about bioidentical hormones bioidentical hormones looks hormones bioidentical hormones looks just like what your body me and so what just like what your body me and so what happens is the body takes them King and happens is the body takes them King and it says oh I recognize this molecule it says oh I recognize this molecule okay put that over there put that over okay put that over there put that over there do this and it takes it and it there do this and it takes it and it makes and it does exactly what your body makes and it does exactly what your body used to do so you're brain fog clears up used to do so you're brain fog clears up I know that's very very attractive to I know that's very very attractive to women that are still making their mark women that are still making their mark your mood gets better and more stable your mood gets better and more stable your motivation goes up your to-do list your motivation goes up your to-do list you start checking off those papers that you start checking off those papers that are in the corner that you kept avoiding are in the corner that you kept avoiding you start working on those and then of you start working on those and then of course your libido gets better you have course your libido gets better you have some other very good protective things some other very good protective things that happen such as breast health is that happen such as breast health is protected colorectal health is protected protected colorectal health is protected brain health I've already talked about brain health I've already talked about that so we've talked about three myths that so we've talked about three myths of perimenopause and menopause one you of perimenopause and menopause one you don't just go boom into menopause there don't just go boom into menopause there are steps it's a continuum – you don't are steps it's a continuum – you don't have to have those symptoms that we've have to have those symptoms that we've talked about you know that you heard talked about you know that you heard your grandmother's and your moms talking your grandmother's and your moms talking about not everybody gets them and three about not everybody gets them and three bioidentical hormones really do give you bioidentical hormones really do give you some good benefits and good quality of some good benefits and good quality of life so I am so glad you joined us today life so I am so glad you joined us today remember that button in the corner yep remember that button in the corner yep yeah that one that one click it share yeah that one that one click it share this tag a friend tell them about the this tag a friend tell them about the PMS show on at dr. Lakeisha MD on our PMS show on at dr. Lakeisha MD on our fanpage like our fanpage share it this fanpage like our fanpage share it this is where they will come to get their is where they will come to get their Survival Guide to and through Survival Guide to and through perimenopause and menopause until next perimenopause and menopause until next