Joint Pain After 40? It Could Be Menopause, Not Arthritis! Transcript

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Joint Pain After 40: Is It Arthritis or Menopause?

If you're over 40 and If you're over 40 and have started to notice have started to notice new joint pain, stiffness in your hands,, stiffness in your hands, aching pain in your knees —something that wasn't there just a —something that wasn't there just a few years ago— it's likely that your it's likely that your doctor ordered doctor ordered blood tests, blood tests, maybe even maybe even checked for arthritis, checked for arthritis, and then the conversation and then the conversation just went just went nowhere. But nowhere. But no one asked you if no one asked you if it could be it could be related to related to menopause? Because these are menopause? Because these are completely different completely different treatment methods and, frankly treatment methods and, frankly, completely different, completely different questions that should be questions that should be asked. Usually, asked. Usually, they discuss they discuss they discuss referring you to referring you to an orthopedist or taking an orthopedist or taking painkillers, but painkillers, but what to do next? And how what to do next?

The Surprising Link Between Estrogen & Joint Health

And how to get rid of to get rid of joint pain for the next joint pain for the next 10, 15 or 20 years? So in 10, 15 or 20 years? So in this video I want to this video I want to go into detail about go into detail about how to distinguish arthritis how to distinguish arthritis from menopause-related joint pain. And what. And what to do with this next?

to do with this next? Studies Studies Studies show that more than show that more than half of women half of women during menopause during menopause experience the so- experience the so- called called musculoskeletal syndrome of musculoskeletal syndrome of menopause. So, I menopause. So, I want you to be able to want you to be able to come to the doctor, come to the doctor, ask the right ask the right questions, and questions, and figure out if figure out if it's related to it's related to menopause. So menopause. So stay with us. The stay with us. The first clue, and first clue, and honestly, the third one, honestly, the third one, will surprise you the most.

will surprise you the most. First clue: First clue: estrogen is not just about estrogen is not just about menstruation and menstruation and hot flashes. It hot flashes. It plays an important plays an important role in maintaining role in maintaining the health of your the health of your joints. It regulates joints. It regulates inflammation, actually inflammation, actually reducing its levels.

reducing its levels.

Clue #1: Did Your Joint Pain Start With Perimenopause Symptoms?

It promotes It promotes the production of cartilage the production of cartilage and connective tissue, and connective tissue, as well as fluid in the as well as fluid in the joints, which serves as a joints, which serves as a shock absorber. So shock absorber. So when when when estrogen levels start to estrogen levels start to drop during drop during perimenopause and perimenopause and menopause, this menopause, this protective effect protective effect disappears. You should disappears. You should ask yourself: Did the joint pain appear around the joint pain appear around the same time as same time as the changes in your the changes in your menstrual cycle? Does this coincide with? Does this coincide with the time when your periods the time when your periods became irregular, became irregular, irritability, irritability, insomnia, and hot flashes appeared? Did these perimenopausal symptoms start at these perimenopausal symptoms start at the same time as the the same time as the joint pain? If the joint pain? If the joint pain appeared joint pain appeared along with these along with these symptoms, rather than symptoms, rather than years before, and not years before, and not separately from other changes, then this coincidence in time, then this coincidence in time is an important clue is an important clue that the pain may be that the pain may be related to related to menopause. Second menopause.

Clue #2: Is Your Joint Pain Symmetrical?

Second hint. Here's a detail that hint. Here's a detail that most most most people forget people forget to tell their to tell their doctor. Do doctor. Do you feel pain on both sides of your you feel pain on both sides of your body? When body? When joints hurt, does joints hurt, does it affect both it affect both wrists, both knees?

wrists, both knees? Where exactly do you feel the Where exactly do you feel the pain? Joint pain pain? Joint pain associated with associated with menopause is usually menopause is usually symmetrical, meaning it symmetrical, meaning it affects both knees, affects both knees, both hands, or both hands, or both shoulders. And both shoulders. And most often this most often this happens immediately happens immediately after waking up. And after waking up. And it subsides somewhat when it subsides somewhat when you start you start moving throughout the moving throughout the day. This picture day. This picture may look like may look like early rheumatoid early rheumatoid arthritis, which is why arthritis, which is why women are often women are often sent for a sent for a comprehensive comprehensive comprehensive examination for examination for autoimmune autoimmune autoimmune diseases, diseases, diseases, especially if the especially if the antinuclear antinuclear antinuclear antibody test is antibody test is positive, which positive, which often happens often happens even without even without autoimmune autoimmune autoimmune pathologies. When pathologies.

Why Morning Joint Pain Can Be a Major Clue

When blood tests are normal, the pain is often, the pain is often ignored instead of ignored instead of investigating investigating investigating its connection to its connection to hormonal hormonal hormonal changes. So, where exactly do changes. So, where exactly do the joints hurt? Is the joints hurt? Is this pain symmetrical, this pain symmetrical, or does it occur on only or does it occur on only one side? If your one side? If your joints hurt on both joints hurt on both sides and the pain is sides and the pain is worse in the morning, worse in the morning, be sure to note be sure to note this detail. This is an important this detail. This is an important distinguishing feature that is distinguishing feature that is worth highlighting.

worth highlighting. Doctors often Doctors often miss this because they don't miss this because they don't ask where else you ask where else you feel the pain and whether feel the pain and whether it's symmetrical.

it's symmetrical. Menopause usually Menopause usually does not manifest itself as does not manifest itself as one single one single symptom. It symptom. It manifests itself as a manifests itself as a whole complex.

whole complex. Tip number three. Tip number three. Menopause is usually Menopause is usually not limited to one not limited to one isolated isolated isolated symptom. This is symptom. This is actually a whole actually a whole complex. So, if your complex.

Clue #3: Look at the Bigger Menopause Symptom Cluster

So, if your joint pain joint pain is accompanied by " head fog," head fog," sleep disturbances, sleep disturbances, hot flashes or night hot flashes or night sweats, new or sweats, new or increased increased increased anxiety, anxiety, anxiety, vaginal dryness, vaginal dryness, bladder problems, bladder problems, or changes in or changes in libido. In fact, there libido. In fact, there are over 80 are over 80 symptoms associated symptoms associated with perimenopause and with perimenopause and menopause. So if menopause. So if it seems like it's just it seems like it's just one link in a whole one link in a whole chain, it's a sign that chain, it's a sign that this kind of arthritis is this kind of arthritis is likely likely likely caused by the caused by the caused by the menopausal menopausal menopausal transition, and not transition, and not just osteoarthritis. Each symptom. Each symptom can be treated can be treated separately, but they are all separately, but they are all part of a complex part of a complex that tells your that tells your hormonal story.

Therefore, I advise you to keep a Therefore, I advise you to keep a symptom diary: symptom diary: write down what you write down what you feel during your feel during your cycle and show it to your cycle and show it to your doctor to get a doctor to get a full picture of how these phenomena how these phenomena are related. So that your are related.

Why Tracking Your Symptoms Can Help

So that your doctor can put these doctor can put these facts together. OK. So those are the facts together. OK. So those are the three main three main clues that it could clues that it could be menopause and not be menopause and not just arthritis. So what just arthritis. So what to do next? First, to do next? First, you need to make you need to make observations.

observations. observations. Monitor the condition Monitor the condition for 3–4 weeks. for 3–4 weeks. Make a note of when the Make a note of when the pain occurs, what you were pain occurs, what you were doing, which doing, which joints hurt, whether joints hurt, whether it was worse it was worse in the morning or evening, and in the morning or evening, and whether it was associated with whether it was associated with certain phases of the cycle.

certain phases of the cycle. Write this down. Write this down. Use something like a symptom tracker to better symptom tracker to better understand your condition. I understand your condition. I added one in the description, added one in the description, you can you can use it for a use it for a doctor's visit. And doctor's visit.

What to Ask Your Doctor About Musculoskeletal Syndrome of Menopause

And when you go to the doctor, be sure, be sure to mention musculoskeletal menopausal syndrome and menopausal syndrome and ask: "Is ask: "Is my my my hormonal state related to hormonal state related to this? Does this have anything this? Does this have anything to do with to do with how I feel?" how I feel?" Be sure to Be sure to Be sure to consult a consult a menopause specialist, menopause specialist, because not every because not every therapist knows about it at all therapist knows about it at all. They do not have. They do not have in-depth training in-depth training on perimenopause on perimenopause and menopause. Therefore, and menopause. Therefore, they may not even they may not even think that it has anything think that it has anything to do with to do with hormones. So, if hormones. So, if you are in this period of you are in this period of life, after 40, you life, after 40, you should see should see someone who someone who specializes in specializes in perimenopause and perimenopause and menopause. And menopause. And finally, ask finally, ask about about about treatment options. For some treatment options.

Treatment Options: HRT, Strength Training & More

For some women, women, women, hormone replacement therapy hormone replacement therapy helps as an helps as an anti-inflammatory anti-inflammatory. Some women find. Some women find targeted targeted exercise, strength exercise, strength training, and training, and flexibility work very helpful. Some flexibility work very helpful. Some women use women use supplements or herbs, such as turmeric, to turmeric, to relieve relieve relieve joint pain. But this joint pain. But this conversation should be conversation should be about a broader about a broader approach. This is not about approach. This is not about self-diagnosis or self-diagnosis or ignoring your doctor.

ignoring your doctor. It's about coming It's about coming to the office with the to the office with the right right right questions and questions and information to information to get treatment and get treatment and not feel like you've been not feel like you've been written off. If this written off. If this explained your explained your feelings that you feelings that you couldn't describe couldn't describe in words, then know that you are in words, then know that you are not exaggerating and this is not exaggerating and this is not just aging.

not just aging.

You're Not u201cJust Getting Olderu201d u2014 Your Body Is Telling You Something

Your body Your body is trying to tell is trying to tell you something important. you something important. Leave a comment. Leave a comment. I wonder if I wonder if these three signs are familiar to you these three signs are familiar to you. I read every. I read every comment and try to comment and try to make videos make videos about exactly what about exactly what interests you. If you want a interests you. If you want a detailed review of the detailed review of the supplements I find supplements I find effective for effective for joint pain joint pain during

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