Menopause: Are you pre, post or peri-Part 1 Transcript

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Introduction to pre-, peri-, and post-menopause

Hi, it's Dr. Sklar. This is the first of the series in three tips to know if you are pre, peri, or post, that is menopause. Women have lots of questions because they're not sure where they fit in and what it means for them.

How to recognize perimenopause

So I want to tell you about the terms pre-peri and post-menopaus. One way you can know, if are in perimenopoise, is that you have periods, but they may be erratic.

The first thing that happens along the continuum of change from pre to perimenopause is a reduction in your progesterone levels.

Hormonal changes and irregular periods

This results in menstrual periods which may not be as evenly spaced as they once had been or they may be heavier, more painful, or you may have more signs of premenstrual tension or what we call pre-menstral syndrome.

Common PMS-like symptoms in perimenopause

And many of you probably know those symptoms can be anything from physical symptoms of breath swelling and soreness, cramping, low back pain, migraine, headaches to emotional symptoms, things like irritability, depression, and anxiety.

So tune in next time when I tell you the next step in how to know if you're pre, peri, or post.