Perimenopause and body temperature changes

Hi, this is Dr. Sklar with the second installation on are you pre-peri or post-menopause, that is. In this one, I'm going to talk about your body temperature.

Women in perimenopausal sometimes are hot, sometimes they're cold, and sometimes, they are both hot and cold at the same time. Hard to figure out, but we know the reason.

Perimenopus, your estrogen levels become very erratic. Sometimes your estrogen levels are quite high, higher than they've ever been except when maybe you've been pregnant.

During those times, your menstrual cycles may become somewhat erratic and delayed, they may be heavier and more painful when they do occur, and you may notice breast soreness and breast enlargement.

On the other hand, sometimes estrogen level go very low and when that happens, you feel warm, you may have hot flashes, and may perspire with your hot flash.

You may notice dizziness or palpitations with hot flashing. They can occur in the daytime and be disruptive to daytime functioning, such as times you might be giving a presentation or doing some important work and suddenly start sweating.

Or they may be just disruptive for your sleep at night, which will cause problems obviously in how you will feel the following day. The other thing that happens to women around this time of life is diminishing thyroid function.

for the third in our series on Are You Pre, Parry, or Post?