

IT'S FETCH



It'sFetch is a digital health community on a mission to bring awareness to the most taboo topics in women's health. Our digital community serves as a safe space for women to connect on diverse topics on health and wellness and further supports that with fact-based articles.

Perimenopause means **'around the time of menopause'**. This is a stage in a woman's life in which they begin transitioning into menopause. Symptoms can begin as early as 35 years of age and but most commonly begin in early 40s.



- Hot Flashes
- Weight Gain
- Irregular Periods
- Shorter, lighter Periods
- Shorter Cycles
- Loss of Interest in Sex
- Difficulty Sleeping
- Low Mood or Depression
- Decreased ability to concentrate
- Irritability
- Night Sweats
- Vaginal Dryness
- Phantom Periods
- Heavier Periods or Flooding
- Longer Cycles
- Changes in Hair Growth
- Mood Swings
- Easy Tearfulness
- Memory Problems
- Incontinence
- Age



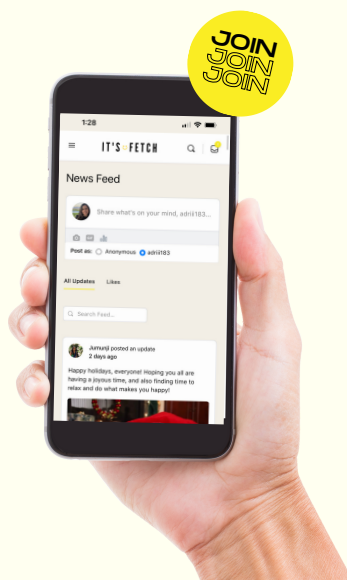
Symptom Tracker

Get your insights straight to your inbox.

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Tumble Sleeping	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Tumble Trimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TRACK YOUR SYMPTOMS
USING THE PRINTABLE
TRACKER.

JOIN THE
PERIMENOPAUSE DIGITAL
COMMUNITY FOR
SUPPORT
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SHARE TRACKER WITH
YOUR DOCTOR IN
YOUR NEXT
APPOINTMENT

Sources:

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WHAT ARE THE COMMON SYMPTOMS OF PERIMENOPAUSE

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HOT FLASHES

Hot flashes are almost universally experienced by women during perimenopause. These hot flashes, or vasomotor symptoms, are sudden feelings of intense body heat. Your skin may redden, you may start sweating, and some women sense their hearts beating faster. The hot flash may be followed by a cold chill. When experienced at night, hot flashes can cause a period of heavy sweating - night sweats - which may disrupt your sleep. Causes of hot flashes are not fully understood, and there is no reliable way to predict when they will start or stop.

SLEEP PROBLEMS

Sleep problems are commonly reported by women during menopause. Often, women experience trouble falling asleep, trouble staying asleep, waking up often during the night and getting up too early. Women often also experience mood disorders, sleep apnea and other medical conditions with age which can affect sleep quality. Night sweats are a common culprit of sleep disruption, and a study conducted in California found that women who experienced severe hot flashes were more likely to report insomnia.

IRREGULAR PERIODS

Irregular periods are one of the first indicators that a woman may be entering perimenopause. During perimenopause, the two hormones responsible for regulating the menstrual cycle - estrogen and progesterone - are constantly changing. This hormonal state of flux can cause spotting between periods, abnormally heavy bleeding, brown or dark blood, shorter or longer cycles, missed cycles and overall irregularity.

VAGINAL DRYNESS (GENITOURINARY SYNDROME OF MENOPAUSE)

Over time, the vaginal lining gets thinner, dryer and less elastic due to decreasing levels of estrogen. This results in vaginal burning and itching and decreased lubrication which can make intercourse painful. The lining of the urinary tract may also thin, causing women to urinate more frequently, and make a woman more prone to vaginal and urinary tract infections.

URINARY INCONTINENCE

As estrogen levels decrease around menopause, the lining of the urethra thins. Muscles in the pelvic region also weaken with age. These two factors put women at increased risk for urinary incontinence, or the involuntary leakage of urine. There are exercises to train and strengthen the pelvic floor muscles, such as yoga and kegel exercises, to help with urinary incontinence.

BRAIN FOG

Brain fog is another common symptom that occurs alongside the hormonal and physical changes of menopause. Many women experience difficulty concentrating, forgetfulness, comprehension problems, word-finding difficulties and trouble multitasking. Brain fog during menopause is often attributed to fluctuating estrogen levels, sleep disturbances -whether it is difficulty falling asleep, disrupted sleep or waking up earlier, - and stress. In most cases, brain fog is normal during this time, and studies show that more intense brain fog will subside after menopause.

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Symptom Tracker

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SYMPTOM:

MON

TUE

WED

THU

FRI

SAT

SUN

(sample) Trouble sleeping



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