



Feeling different lately? It could be perimenopause

Changes in sleep, periods, mood, or focus can be easy to blame on stress or a busy life. But for some women, they may be signs of perimenopause.

Understanding what may be happening can help you have a better conversation with your healthcare provider.



Changes you may notice

Every woman is different. With perimenopause, women may have some of these changes, many of them, or none at all. You may notice:

- **Period changes:** Your periods may come more or less often or change in flow.
- **Hot flashes and night sweats:** You may suddenly feel hot or wake up sweating.
- **Sleep changes:** You may have trouble falling asleep, staying asleep, or feeling rested.
- **Mood changes:** You may feel more irritable, anxious, or emotionally different.
- **Brain fog:** It may feel harder to focus or remember things.
- **Body changes:** You may notice joint or muscle aches, changes in weight or body shape, or changes in your skin or hair.
- **Sexual and vaginal changes:** Vaginal dryness, discomfort during sex, or changes in sexual desire can happen.

What is perimenopause?

Perimenopause means “around menopause.” It is the time leading up to menopause, when your hormone levels begin to change.

It can start years before your final period. During this time, your periods may become less predictable, and you may notice other changes in how you feel.

Menopause is reached when you have gone 12 consecutive months without a period and there is not another medical reason for it.

There are ways to feel better

You do not have to simply “put up with” symptoms. Treatment and symptom management options are available. Your healthcare provider can help you understand what may be causing your symptoms and discuss options based on your health, needs, and preferences.



Questions to bring to your next visit

Your symptoms are worth talking about. Consider asking:

- Could these symptoms be related to perimenopause or menopause?
- What treatment options could help me?
- What else could be causing my symptoms?
- What changes should I watch for?

Paying attention to changes in your body is a good place to start. You know how you normally feel. If something feels different, talk with your healthcare provider.

Sources: The Menopause Society, Perimenopause and Symptoms; American College of Obstetricians and Gynecologists (ACOG), menopause patient education; U.S. Office on Women’s Health, Menopause Basics and Menopause Treatment

Need support?

You don’t have to figure everything out on your own. Your **dedicated LucyRx Nurse Care Guide** is here to support you through your perimenopause and menopause journey.

Your Care Guide can help you learn more about your symptoms and treatment options and find helpful resources.

Call your dedicated LucyRx Nurse Care Guide at **559-365-7979** or visit **lucyrx.com/haysubc** to learn more.