

## Quick Strategies for Relief

You can improve your quality of life by making small, consistent changes.

### Essential Wellness Tips

1. Stabilize Lifestyle: Prioritize consistent sleep, manage stress through relaxation (yoga, meditation), and stay hydrated.
2. Move Your Body: Regular exercise (strength and cardio) supports bone health, weight management, and mood.
3. Watch Your Triggers: Limit caffeine, alcohol, and spicy foods, which can intensify hot flashes and disrupt sleep.

### When to Seek Help

Consult your doctor if:

- **Bleeding is very heavy or occurs between periods.**
- **Symptoms impact your daily life or mental health.**

## Support & Resources

Be patient and kind to yourself. This phase requires self-care and a commitment to health.

### Your Support Network

- Primary Care: Your GP
- Specialist: Gynecologist
- Mental Health: Local Counsellor/support groups
- Trusted Information:
  - [www.menopause.org.au](http://www.menopause.org.au)
  - [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

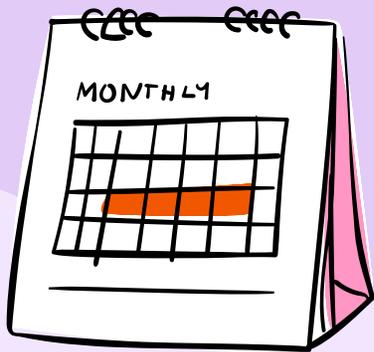
## Perimenopause The bridge to Menopause



welcome to the  
change

## What is perimenopause?

It means "around menopause." This is the natural transition when a woman's body begins the process leading to the end of menstrual cycles.

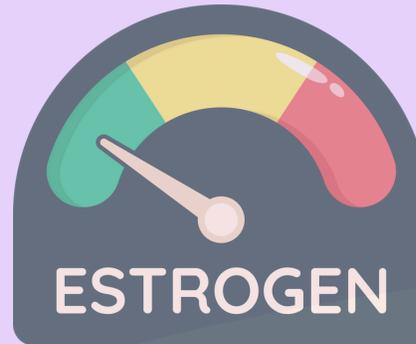


### It's a Natural Phase, Not a Condition.

Think of it as puberty in reverse, a time of hormonal shifts that can last for several years.

You are not alone, and understanding this phase is the first step toward managing it effectively.

## The hormonal shift



**The Timeline:** Perimenopause often starts in your 40s and ends when you have gone 12 consecutive months without a period (menopause).

**The Key Factor:** Ovaries produce less estrogen, but the most challenging symptoms come from the wild fluctuations of this hormone, not just the decline.

**Important:** Pregnancy is still possible during this phase.

## Core Symptoms

Symptoms vary widely, but the most common issues relate to fluctuations in estrogen and progesterone.



### Top 5 Changes

- **Varying Cycles:** Periods become irregular; shorter, longer, heavier, or lighter.
- **Thermal Discomfort:** Experiencing hot flashes and night sweats.
- **Sleep Disruption:** Insomnia and difficulty staying asleep.
- **Emotional Swings:** Increased irritability, anxiety, and unpredictable mood changes.
- **Vaginal Health:** Dryness and discomfort due to declining estrogen.