



Am I In (Post)Menopause?

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Your last period was more 12 months ago with no spotting in between whatsoever.

You've had joint aches for at least 6 months and have come to make peace with them because they haven't gotten worse.

You're no longer plagued by hotflashes and nightsweats as you once were, even though you still get them once in a blue moon.

People and bothersome events don't stress you out as much.

You can say no without feeling guilty or overwhelmed.

You have been on thyroid medications for years or had taken thyroid medications in the past, and recently you feel that old thyroid-related symptoms are back.

Physically, you are not as strong as you used to be.

You injure yourself easily when lifting weights or heavy objects.

Mentally and emotionally, you are a stronger person and more resilient to negative comments.

You feel lousy and has a brain fog all day.

It takes a long time to fall asleep and when you do, sleep is light or broken up.

Wired but tired describes you.

You can't stop worrying about things that are beyond your control.

If you checked off the first statement, you have hit menopause. If you feel that you aren't experiencing the ease that post-menopausal women talk about, it means that you have to find a health professional to address imbalances in your non-sex hormones such as cortisol, thyroid, insulin, as well checking your inflammatory tendency, because all these can will give rise to poor aging process that ultimately determine the quality of your life in old age.