



Am I In Perimenopause?

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In the past six months, have you experienced the following on a regular basis:

- Feeling far less motivated about getting stuff done.
- Feel uncomfortable at gatherings with old and new friends.
- Your old pair of jeans fit you just fine in the legs but too tight around the waist.
- Emotional instability - for the first time in your life, you got emotional at work. Usually you are composed and never breakdown in front of colleagues.
- Your regular exercise routine doesn't energize you anymore.
- A general feeling of blah or reclusiveness.
- Difficulty falling asleep even though you can't point anything that's bothering you.
- Can fall asleep easily at bedtime but wakes between 1-4am, unable to fall back to sleep easily.
- Your PJ or bedsheets are soaked from nightsweats on a daily or almost daily basis.
- You're starting to get migraines again which you haven't had for years.
- Your period is unpredictable compared to before.
- You're less certain of your own instincts and insights.
- It feels as you've lost your brain and it's hard to stay sharp and organized at work.
- Your joints ache with no reason.
- Chocolate or a glass of wine seem more lucrative than sex, but it didn't used to be this way.

If you checked at least 5 of the above statements, regardless whether you've reached 45 years old, chances are that you are in perimenopause. Not only your estrogen and progesterone are less stable, your brain is less sensitive to happy neurotransmitters like serotonin, dopamine, oxytonin, and endorphins. This is why you feel much less like yourself - forgetful, worried, anxious, crazy...talk to your doctor.