

# How did I get here?

In this video we discuss:

- Fundamentals of Menopause [0:08]
- Menstruation cycles and effects [3:43]
- Perimenopause [6:45]
- Menopause [10:28]

Show Notes:

## Fundamentals of Menopause [0:08]

- Average age that menopause occurs is 51.
- Menopause is a clinical diagnosis given 12 months after your last period.
- Menstruation 101; How does the period work?
  - **Day 1:** first day of bleeding
  - Bleeding lasts for usually 3-6 days
  - Estrogen is then secreted by the ovaries which makes the lining of the womb regrow
  - Around mid-cycle an LH surge occurs which causes an egg to drop
  - **Day 1 – Day 15:** follicular phase. This phase may cause women to feel more engaged
  - **Day 15 – Day 28:** The dropping of the egg stimulates progesterone. The progesterone is there to make the lining of the womb plump in preparation for receiving an embryo
  - This is the normal physiology of the period for naturally cycling women
- A birth control pill puts a layer of steady estrogen and progesterone across the top your natural cycle, which may change the menstruation cycle.

## Menstruation cycles and its effects [3:43]

- Many women might feel that they don't have the same level of energy, drive, and concentration throughout their cycle.
- Making space for self-compassion is important during low levels of energy.
- Managing your expectations during the menstruation cycle can help with mental health.

## Perimenopause [6:45]

- Approaching menopause, there is a period of 4-7 years where the menstruation cycle becomes irregular.
- Anovulatory Cycles – when an egg doesn't release from your ovary during your menstruation cycles.
- As the ovaries get lower on eggs, some months an egg might drop and some months an egg might not drop.
- During an anovulatory cycle, one might experience hormonal confusion due to the egg not dropping.
- Irregular bleeding patterns may occur during perimenopause. It's important to speak to your GP.
- Additional symptoms during perimenopause may consist of;
  - Painful bleeding cycle
  - Erratic mood
  - Fatigue
  - Heavier bleeding
  - Sleep disturbance
  - Premenstrual tension
  - Change in libido

## Menopause [10:28]

- Main symptoms of menopause
  - Hot flashes
  - Brain fog
  - Vaginal dryness (important to speak to GP)
  - Joint pain
  - Urinary incontinence
  - Recurrent UTIs
- Causes of early menopause might include
  - Hysterectomy. Ask for a blood test to determine if you've entered menopause after a hysterectomy
  - Cancer treatments
  - Different medications
- Every woman's experience may be different throughout menopause.