

Perimenopause



Perimenopause is known as around menopause. Menopause is the stage in the lives of females where the body seizes the ability to be reproduce and the menstrual cycle ends. Therefore, Perimenopause is the stage before this as the body prepares for the menopause and the major hormonal changes that it brings. Perimenopause starts at different ages.

Normally it starts sometimes in their 40's but sometimes it can start earlier, and cases of premature ovarian Failure has been reported at all ages. One of the main reasons they are symptoms of Perimenopause is that the level of oestrogen – the main female hormone– rises and falls unevenly during Perimenopause. Symptoms of Perimenopause include the menstrual cycle lengthening, the menstrual cycle shortening, the flow becoming lighter or heavier than usual, menstrual cycles where no ovulation occurs, hot flushes, sleep problems and vaginal dryness. Treatments are available to help deal with the symptoms of Perimenopause.

The formal transition from Perimenopause to menopause's is when 12 months without a menstrual cycle has occur. It is sometime described as early Perimenopause as a persistent change of seven days or more in the length of the menstrual cycle and a space of 60 days or more as late Perimenopause. Sleep problems and mood changes can also occur. The mood changes include irritability and an increased risk of depression. There is evidence that sleep disruption causes some but not all of mood changes but the actual hormonal changes of the time of life are shown to have an effect as well. The hormonal changes may also increase the rate of urinary and vaginal infections and also cause painful sexual intercourse.

Contraception must be used until 12 months of no menstrual cycles in women over 50 and 24 months of no menstrual cycles in women under 50.

While changes occur, satisfactory sexual intimacy should occur.

Loss of bone also occurs because of the hormonal changes. This increases the risk of Osteoporosis -where bones become very fragile.

The hormonal changes may also negatively change cholesterol levels which may require the usage of Statins to use.

A GP should be seen if the symptoms are interfering with someone's life or well-being. Treatments includes HRT with artificially Oestrogen given either as patches, gels, spray, implants or tablets. If the women has a womb there must take the combined HRT which includes progesterone gives as a patch, a IUS or tablets.

Oestrogen can also be given improve vaginal conditions such as dryness. This is given in a tablet cream or ring inserted into a vagina.

Testosterone is occasionally given for low sex drive by a specialist doctor.

A blood pressure medicine called clonidine and an epilepsy medicine called gabapentin can also prescribed as can antidepressants and CBT.

They are support groups in both Kent and Medway which can help with Perimenopause and linked article.

[NHS - things you can do](#)

[Perimenopause](#)

[Perimenopause](#)

[KIMS Hospital services](#)

[clarity-kent- counselling-perimenopause-menopause](#)

[menopause-clinic-kent](#)

Kent and Medway Integrated Care System

All Health Matters

National support

For women seeking help or information Women's Health Concern is the patient arm of the British Menopause Society. WHC provides a confidential, independent service to advise, inform and reassure women about their gynaecological, sexual and post reproductive health.

The Henpicked Menopause hub covers almost every question about the menopause you can imagine in accessible formats, including articles, blogs, videos and podcasts and fact sheets.

Menopause matters provides up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.

Daisy network is a charity for women with Premature Ovarian Insufficiency (POI) or Premature Menopause. The charity provides a support network of people to talk to and information on treatments and research within the fields of HRT and assisted conception.

Queermenopause raises awareness of LGBTQIA+ experiences of menopause and promotes inclusive resources.

For employers

Women's Health Concern Menopause in the workplace provides resources to help employers raise awareness and offer support to menopausal employees.

Henpicked's Menopause in the Workplace provides training and resources for workplaces.

[Royal College of Nursing](#) provides guidance and toolkits, including guidance for working with colleagues going through the menopause, symptoms, workplace policies, and recommendations for changes to both work patterns and the work environment.

[NHS Employers' Menopause and the workplace](#) provides information on how menopause can affect people at work, and practical guidance for employers on how to improve workplace environments for them. NHS England provides guidance on [Supporting colleagues affected by the menopause](#). This covers advice for organisations as a whole and for line managers.

Wellbeing of Women provides information on the [menopause workplace pledge](#), a campaign that is drumming up support from employers across all sectors up and down the country, to demonstrate their commitment to supporting staff experiencing the menopause.

For healthcare professionals

[The British Menopause Society](#) educates, informs and guides healthcare professionals, working in both primary and secondary care, on menopause and all aspects of post reproductive health.

[Members of the Royal College of Nursing](#) provides resources and guidance for nurses and midwives.



Local support

[Training and events on menopause](#) are offered by Kent and Medway Integrated Care System for health and social care staff working across Kent and Medway. You can view the keynote presentation from the Kent and Medway Integrated Care System World Menopause Day conference 2022 [here](#). This talk covers the common symptoms of brain fog and anxiety, and also some straight talking about issues which are considered taboo.

[NHS psychological therapies service](#) allows you to search for your nearest service. Psychological therapies, such as counselling or cognitive behavioural therapy (CBT), can help with symptoms of menopause and perimenopause. You can get NHS psychological therapies without seeing a GP first.

There are [courses for staff working in healthcare related roles in Medway](#). Search Menopause Awareness and Are you Menopause ready to find training sessions.

In Maidstone, there is a [Menopause support group](#) that takes place on the last Tuesday of the month.

For employers

[The Kent and Medway Healthy Workplaces Programme](#) offers a free workplace wellbeing award scheme available to organisations operating in Kent or Medway, regardless of size and sector. They offer a range of

[Recommended Summary Plan for Emergency Care and Treatment](#). resources, support, and advice—including menopause awareness training.