

WOMEN'S HEALTH



Perimenopause: The Years Before Menopause Nobody Warns You About

The transition can begin years before your periods stop, and it is where most of the disruption happens. It is also the phase women are most often dismissed.

Swipe

THE OLD BELIEF

• **Your blood test was normal, so it must be stress.**

You asked for help. You were told the number looked fine, so it must be your age or your nerves. You left feeling dismissed, and still exhausted.

THE REVEAL

A normal test does not rule out perimenopause

In fact, a normal result is exactly what doctors often expect to see at this stage. A normal blood test in your forties does not mean nothing is happening.

WHAT IT ACTUALLY IS

The hormonal roller coaster before menopause

Menopause is one point in time, twelve months after your last period.

Perimenopause is the years of hormone swings before that, often starting in your forties, sometimes your late thirties.

WHY THE NUMBER LOOKS FINE

Hormones swing too fast for one test to catch

Estradiol and FSH fluctuate widely from cycle to cycle, so a single blood draw can read normal even when your symptoms are clear. After 45, diagnosis comes from the pattern, your symptoms, age and cycle history, not one lab value.

BEYOND HOT FLASHES

The symptoms are broader than you think

Unpredictable periods, disrupted sleep, anxiety and low mood, brain fog, palpitations, joint aches, changes in libido, skin and body composition. Hot flashes are only part of the story, and they often arrive later.

YOU DO NOT HAVE TO WAIT

Perimenopause itself is treatable

You do not have to wait until your periods stop to feel like yourself again. The right plan depends on your symptoms, history and preferences, and it is decided together with a doctor.

THE BOTTOM LINE



You deserve to be taken seriously

This is real, physical, and common at your age. Speak with a specialist who reads your symptoms, age and history together, not one lab value in isolation. General information only, not medical advice; treatment decisions require individual physician assessment.