



Lancashire Gynaecologist

Eric Mutema

9 Signs that you might
be in Perimenopause

PERIMENOPAUSE SYMPTOMS



Irregular periods
Fatigue
Hot flashes
Joint/muscle pain
Low sex drive
Mood changes
Night sweats
Trouble sleeping
Vaginal dryness
Weight gain

Perimenopause is the transitional phase leading up to menopause, typically occurring in women in their 30s and 40s. This period is characterised by hormonal fluctuations that can result in various physical and emotional changes. Here are nine key signs that you might be experiencing perimenopause:

1. Irregular Menstrual Cycles

One of the most common signs of perimenopause is changes in your menstrual cycle. You may experience irregular periods, with variations in frequency, duration, and flow. Some months may be heavier, while others may be lighter or even skipped entirely.

2. Hot Flashes

Hot flashes are sudden sensations of warmth that can lead to sweating and discomfort. These episodes can occur during the day or night (night sweats) and are a common symptom of hormonal changes affecting your body's temperature regulation.

3. Mood Swings

Many women experience mood swings during perimenopause. Emotional fluctuations can include increased irritability, anxiety, or feelings of sadness. These changes are linked to varying oestrogen levels that impact mood-regulating neurotransmitters.

4. Sleep Disturbances

Sleep problems are prevalent during perimenopause. Women may find it challenging to fall asleep, stay asleep, or experience restless nights. Night sweats can further disrupt sleep, leading to fatigue and decreased energy.



5. Vaginal Dryness

As oestrogen levels decline, many women experience vaginal dryness, which can cause discomfort during sexual activity and may reduce libido. This symptom can be distressing but is often manageable with treatments like lubricants and vaginal moisturisers.

6. Cognitive Changes

Cognitive changes, often referred to as “brain fog,” can include forgetfulness, difficulty concentrating, and a general feeling of mental cloudiness. These symptoms are typically temporary and related to hormonal fluctuations.

7. Changes in Hair and Skin

During perimenopause, many women notice changes in their hair and skin. This can include thinning hair, increased hair shedding, or dryness and thinning of the skin. These changes are often linked to declining hormone levels and can affect self-esteem.

8. Increased Fatigues

Feeling more tired than usual is a common symptom during perimenopause. Hormonal changes, combined with sleep disturbances and mood fluctuations, can contribute to increased fatigue and a general sense of low energy.

9. Breast Tenderness

Hormonal fluctuations can also lead to breast tenderness or changes in breast tissue. You may notice that your breasts feel swollen, painful, or sensitive, similar to what you might experience before your period.

Conclusion

Recognising these signs and symptoms of perimenopause can help you understand and manage this transitional phase more effectively. While these changes can be challenging, they are a natural part of life, and support is available. If you suspect you might be in perimenopause, we encourage you to take our [perimenopause quiz](#). This simple assessment can provide valuable insights into your health and guide your next steps. Remember, you're not alone – many women share these experiences, and there are resources to assist you through this transition.



Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG



The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



Lancashire Gynaecologist

Eric Mutema

For more information, contact:

Cheryl Wood
Secretary to:
Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG

Tel: 07835487700

Call: info@lancashiregynaecologist.co.uk

lancashiregynaecologist.co.uk