

Mayo Clinic Medical Edge

Perimenopause

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ON AVERAGE, MOST WOMEN HIT MENOPAUSE AROUND THE AGE OF 51. IT'S CONFIRMED AFTER 12 CONSECUTIVE MONTHS WITHOUT EXPERIENCING A PERIOD. BUT CHANGES TO THE MENSTRUAL CYCLE CAN BEGIN MONTHS, EVEN YEARS BEFORE. IT'S A TIME KNOWN AS PERIMENOPAUSE.
Rosalina Abboud, M.D.	"THE FIRST SIGN IS IRREGULARITY OF YOUR PERIOD."
	MAYO CLINIC DR. ROSALINA ABBODD SAYS THIS CAN BE ACCOMPANIED BY OCCASIONAL HOT FLASHES, MOOD CHANGES AND SLEEP DISTURBANCES.

Dr. Abboud	“THIS OCCURS INTERMITTENTLY BECAUSE THE HORMONES FLUCTUATE A LOT DURING THIS TIME. SO WHEN IT’S SLOW, YOU WILL HAVE THE SYMPTOMS, WHEN IT GOES BACK UP YOU’RE RELIEVED OF THE SYMPTOMS.”
	THERE ARE SOME OTHER CONDITIONS—LIKE A THYROID PROBLEM—THAT CAN CAUSE SIMILAR SYMPTOMS. THAT’S WHY DR. ABBLOUD ENCOURAGES WOMEN TO SEE THEIR DOCTOR ANYTIME THEY HAVE CONCERN ABOUT THESE SYMPTOMS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.