



# Understanding Perimenopause

## পেৰিমেনোপজ বুজা

### What is Perimenopause?

Perimenopause is a natural phase in a woman's life that marks the transition leading up to menopause. It typically begins in the late 30s to mid-40s, though the timing can vary widely. During this stage, the ovaries gradually produce less estrogen. This in turn leads to noticeable physical and emotional changes.

### Common symptoms

One of the earliest and most common signs of perimenopause is a change in menstrual cycles. Periods may become irregular—shorter, longer, heavier, or lighter than usual. Some women may skip cycles altogether. While these fluctuations are normal, very heavy bleeding or prolonged gaps should be evaluated by a healthcare provider.

Hormonal shifts during perimenopause can cause a variety of symptoms. Hot flashes and night sweats are among the most well-known, often disrupting sleep and daily routines. Many women also experience mood swings, irritability or increased anxiety. These emotional changes are linked to fluctuating hormone levels and, in some cases, sleep disturbances.

Physical changes also occur. Women may notice weight gain, particularly around the abdomen, along with reduced muscle mass and lower energy levels. Skin may become drier, and hair thinning can occur. Vaginal dryness and discomfort during intercourse may also develop due to declining estrogen levels.

Another important but less visible aspect of perimenopause is its impact on bone health. Lower estrogen levels can lead to decreased bone density, increasing the risk of osteoporosis over time. This underlines the importance of adequate calcium intake, vitamin D and regular weight-bearing exercise.



The management of perimenopause focuses on relieving symptoms and maintaining overall health. Lifestyle modifications play a key role. A balanced diet, regular exercise, stress management and good sleep can significantly improve quality of life. Limiting caffeine, alcohol and spicy foods can also reduce hot flashes.

However, for women with more severe symptoms, medical options are available. Hormone therapy (HT) is effective in managing hot flashes and vaginal dryness, but it should only be considered after discussing risks and benefits with a doctor. Non-hormonal medications and supplements may also provide relief for certain symptoms.

### Overcoming perimenopause

Perimenopause is not a disease but a natural transition. Understanding the changes it brings can empower women to take proactive steps toward their health and well-being. With the right support and care, this phase can be managed smoothly.