



Platinum Plus Health

7 Signs You Are Entering Perimenopause

A Free Guide By:

PLATINUM PLUS
HEALTH



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Irregular Periods

One of the earliest signs of perimenopause is changes in your menstrual cycle. Periods may become shorter, longer, heavier, or lighter than usual.



Night Sweats

Hot flashes that occur during sleep, often disrupting rest and leaving you drenched. A common complaint among women in perimenopause.



Hot Flashes

Sudden waves of heat spreading through your body, often accompanied by flushing and sweating. These can last from seconds to several minutes.



Why This Happens

Fluctuating estrogen levels affect your body's temperature regulation and menstrual cycle. These changes are completely normal during this transition.

Signs 1 & 2: Understanding Hormonal Changes





Sign 3: Poor Sleep & Insomnia

Difficulty falling asleep, staying asleep, or waking up too early are common during perimenopause due to fluctuating hormones.

Why It Happens

Declining estrogen and progesterone disrupt your body's natural sleep-wake cycle, often combined with night sweats that interrupt rest.

Sign 4: Unexplained Weight Gain

Many women notice weight gain, especially around the midsection, even without changes to diet or exercise routines.

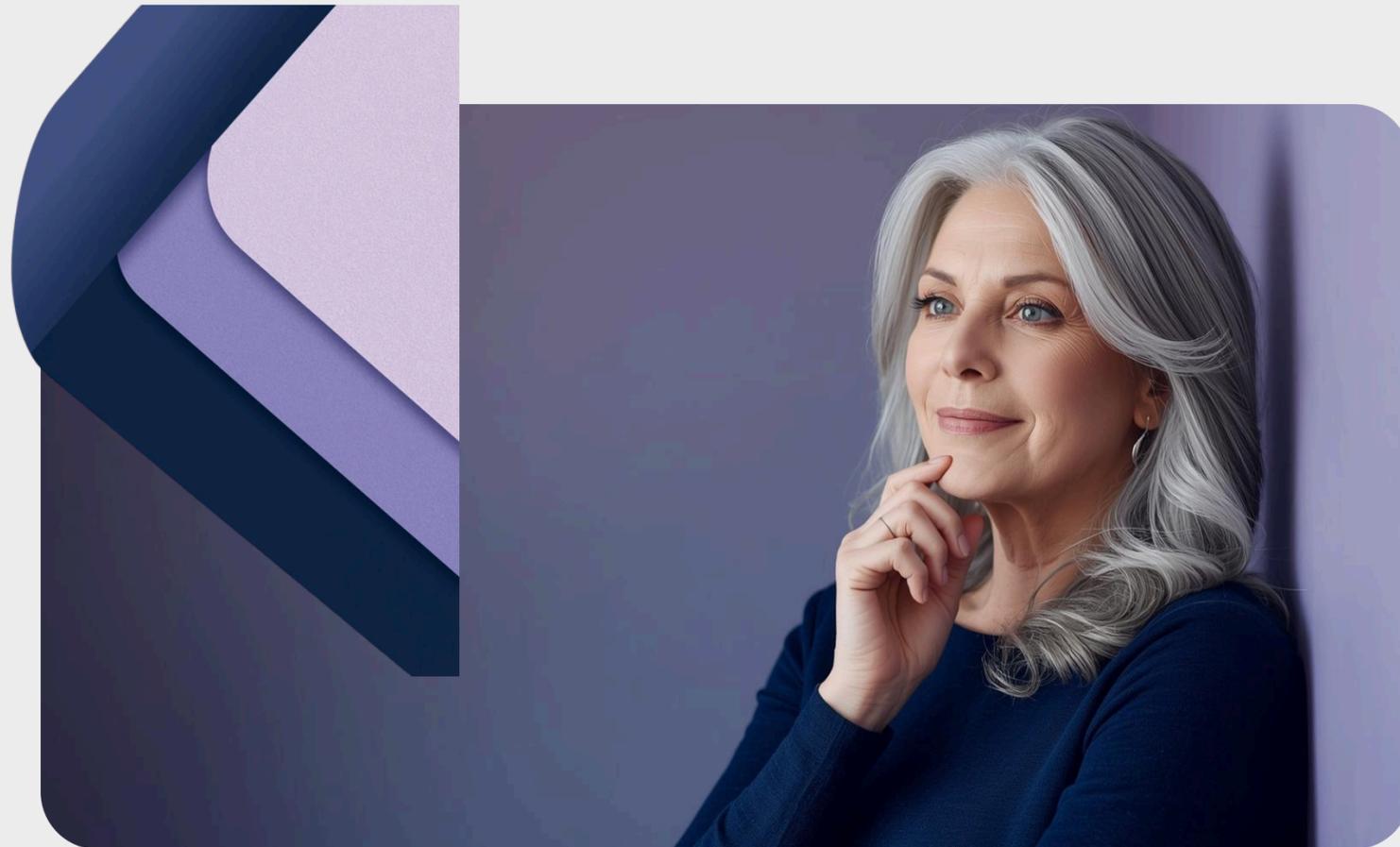
The Hormonal Connection

Hormonal shifts slow metabolism and change how your body stores fat. This is a natural part of the transition, not a personal failing.



Signs You're Entering Perimenopause





Signs 5-7

More Signs of Perimenopause



Low Libido

Hormonal shifts can decrease sexual desire and arousal, affecting intimacy and relationships during this transition.



Mood Changes & Anxiety

Fluctuating hormones can trigger mood swings, irritability, anxiety, and even depression symptoms.



Hair & Skin Changes

Declining estrogen leads to thinner hair, dry skin, loss of elasticity, and accelerated aging signs.

Platinum Plus Health

Ready to Feel Like Yourself Again?

Schedule your personalized consultation today. Our health care specialists are here to support you through every stage of perimenopause.



Contact Us

 877-655-3577

 info@platinumplushealth.com



SAME DAY TELEHEALTH APPOINTMENTS

