



Women's Mid-Life Health Centre of Saskatchewan

Saskatoon City Hospital
701 Queen Street
Saskatoon, SK S7K 0M7
P 306-655-7681 F 306-655-8915
info@menopausecentre.org
www.menopausecentre.org

Frequently Asked Questions



How do I know if I am experiencing perimenopause (the time of life approaching menopause)?

Here are the symptoms you might experience that indicate you are experiencing perimenopause.

Each woman is unique in her experience with the menopause transition. Some women sail through this time with hardly a notice of changes occurring. Other women ride a rougher sea of change, experiencing changes that dramatically affect their quality of life.

The most commonly experienced symptoms include:

Changes in menstrual cycle (longer or shorter periods, heavier or lighter flow, clotting, missed periods, or any combination)

Hot flashes, power surges, tropical moments: a sudden flash of heat from your chest to your head

Night sweats: hot flashes that occur when you are sleeping and disturb your sleep.

Vaginal dryness

Interrupted sleep

Fatigue

Mood swings, depression, irritability (PMS gone wild!)

Loss of desire for sex, painful intercourse

Increased body fat around your waist

Weight gain

Problems with memory and concentration

Wrinkles when you smile (and when you don't)

Rogue chin hairs (stray hairs willing to sprout just about anywhere!)

Vision changes (so you can't see the stray hairs until they are 3 inches long)

Other less common symptoms:

Crawly feeling under the skin (called formication)

Bouts of rapid heart beat

Chills or periods of extreme warmth (other than during a hot flash)

Bloating, gas pains, flatulence

Anxiety and panic attacks

Sensitivity to being touched by others

Aching ankles, knees, wrists, shoulders

Urinary leakage (when you laugh, cough, sneeze or when the urge is too great)

Acne

Vaginal or urinary tract infections

Thinning hair on scalp

Migraine headaches

Easily hurt feelings

Sudden, inappropriate bursts of anger

Frequently Asked Questions

Support

Inform

Inspire