



# Women's Mid-Life Health Centre of Saskatchewan

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## Frequently Asked Questions



### What can I do to relieve symptoms of perimenopause?

- Talk to your health care provider about the physical, and emotional changes you are experiencing, including anxiety or depression
- Keep a diary of your menstruation dates, flow, clots, pain, etc
- Keep track in your diary of any other symptoms you may be experiencing, when they occur and the circumstances i.e. hotflashes every evening after you have had red wine, more night sweats following an evening in the hot tub
- See if there is a pattern or triggers for your symptoms. You can change or avoid these triggers and there by avoid or reduce the symptoms
- Do some form of brisk physical activity for 30 - 60 minutes per day. Find physical activities you enjoy and commit to doing it.
- Limit caffeine, nicotine, and alcohol
- Dress in layers so you can peel off and put on layers as needed
- Wear cotton - Man-made fibers are hot and don't breathe or absorb perspiration during and hotflash or night sweat
- Eat healthy foods
- Talk to friends about what you are going through. Chances are some of them have had or will have similar experiences. It is a good time to get together with other women and share some laughter and some tears.
- Nurture yourself, breathe deeply, meditate
- For vaginal dryness, try using a vaginal lubricant. If this isn't help enough, talk to your health care provider.
- Remember, this is all new for you, so give yourself permission to go through it your way, with a little help from your friends.

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Support

Inform

Inspire