

Perimenopause: 'You're not alone'

Health care providers want women to know perimenopause is a normal part of aging, and symptoms are treatable

RUN TIME - :60

ANCHOR LEDE

Women know about menopause, where you stop having periods. But health care providers say there's a lot to unpack with perimenopause, the time before menopause where the ovaries stop producing testosterone, estrogen and progesterone regularly. It usually hits around age 40 and can last up to 10 years. Tim Ditman of OSF HealthCare has more.

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OSF advance practice nurse Lindsay Orr says perimenopause symptoms can include hot flashes, mood changes, joint aches, brain fog, trouble peeing, anxiety and poor sleep.

A provider could recommend a supplement or lifestyle changes, like upping protein in your diet or adding resistance training to your workouts.

Period tracking apps can also help.

\*\*\*SOT\*\*\*

Lindsay Orr

OSF HealthCare advanced practice nurse

**"The apps help you be in tune with your body. You go through your day-to-day life and kind of recognize things, but you don't really put it all together. Then when you put the information in the app, you might say 'Oh yeah, I *am* symptomatic. This *is* happening.' You can track temperature changes, bleeding issues, hormone fluctuations and sleep. It all plays a role." (:33)**

I'm Tim Ditman.

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ANCHOR TAG

Orr adds that women in perimenopause can get pregnant, but it would mean closer monitoring due to a higher risk of complications.