

Perimenopause: 'You're not alone'

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

SOT

Lindsay Orr

OSF HealthCare advanced practice nurse

"Think of it as a short fuse or a fuse that's not quite connected. Every month, the hormones secrete. But ovaries have a shelf life. So some months they work, and some months they don't. It ebbs and flows during the perimenopause transition period before they go into menopause." (:23)

SOT

Lindsay Orr

OSF HealthCare advanced practice nurse

"A lack of estrogen can affect bone density. So women with smaller frames are more predisposed to bone issues if they fall. Or, a decline in estrogen can have cardio-protective effects. It can increase your risk for cardiovascular issues like heart disease." (:25)

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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)

SOT

Lindsay Orr

OSF HealthCare advanced practice nurse

"Balanced hormones help maintain a good uterine lining for housing a fetus. So, a later-life pregnancy would require closer monitoring." (:08)

SOT

Lindsay Orr

OSF HealthCare advanced practice nurse

"Some of the women I see are frazzled, disheveled and anxious. Sometimes they're upset during the visit. It's sad to see. Then we start treatment, and I see them three months later. They look like a different person. They're glowing. They have a zest for life again. It's rewarding to see." (:30)