



Your Perimenopause & Menopause 101

In the run-up to menopause and beyond, your body will go through a lot of changes and you'll experience symptoms that can feel unpredictable and overwhelming. What makes this transition even more challenging is that many women don't know they're in it when it's happening, or why they're feeling the way they do.

Here's what you need to know about perimenopause and menopause so you can spot the signs. **Bottom line: Relief is possible.**

The Stages of Menopause

Perimenopause often begins in the **mid 40s, but can start in your mid 30s** or earlier. It lasts, on average, four years. You're still having periods, though they may be irregular (longer, shorter, heavier, lighter, further apart). You may also begin to notice hot flashes, insomnia, brain fog, weight gain, hair loss, anxiety, and other changes (see full Symptom Checklist).

Menopause technically isn't a stage, but rather a moment in time. You reach it when you've gone exactly 12 months without a menstrual period. This occurs, **on average, at age 51**, but can happen earlier or later.

Post-Menopause starts **once you hit the 12-month mark with no periods**. Women more commonly refer to this phase as "in menopause." Yes, you've passed a significant milestone, but symptoms can continue and change for years to come.

Your Symptoms Checklist

Check off everything you're experiencing so you can explore solutions with a clinician. **Remember: All these symptoms can be improved**



Hot flashes & night sweats	Dry mouth
Insomnia	Body odor changes
Fatigue	Headaches/migraines
Forgetfulness & cognitive issues (aka "brain fog")	Breast soreness
Irritability	Unusual itchiness
Decreased libido	Numbness or pins-and-needles sensation in your extremities
Anxiety and/or depression	Loss of bone density (osteoporosis)
Panic attacks	Increased tooth sensitivity and/or dental issues (gum disease, decay)
Weight gain	Burning mouth syndrome
Vaginal dryness	Bloating
Painful sex	Digestive issues
Difficulty achieving orgasm	Brittle nails
Joint and/or muscle pain	Irregular heartbeat
Hair and/or skin changes	New onset allergies or asthma
Incontinence and/or urinary urgency	
Recurrent urinary tract infections	

Track your symptoms. You know your body best. Keeping a detailed record of symptoms (including frequency and intensity) can help your healthcare provider tailor your care.

91%

of Midi patients report relief within 60 days

If you're in perimenopause or menopause and want guidance from clinicians who specialize in women's midlife health, **book a virtual visit** with Midi today. Our trained menopause specialists can guide you towards safe, effective solutions for symptoms including hot flashes, trouble sleeping, moods swings, weight gain, and everything else on this checklist.