

# PERIMENOPAUSE

# 101:

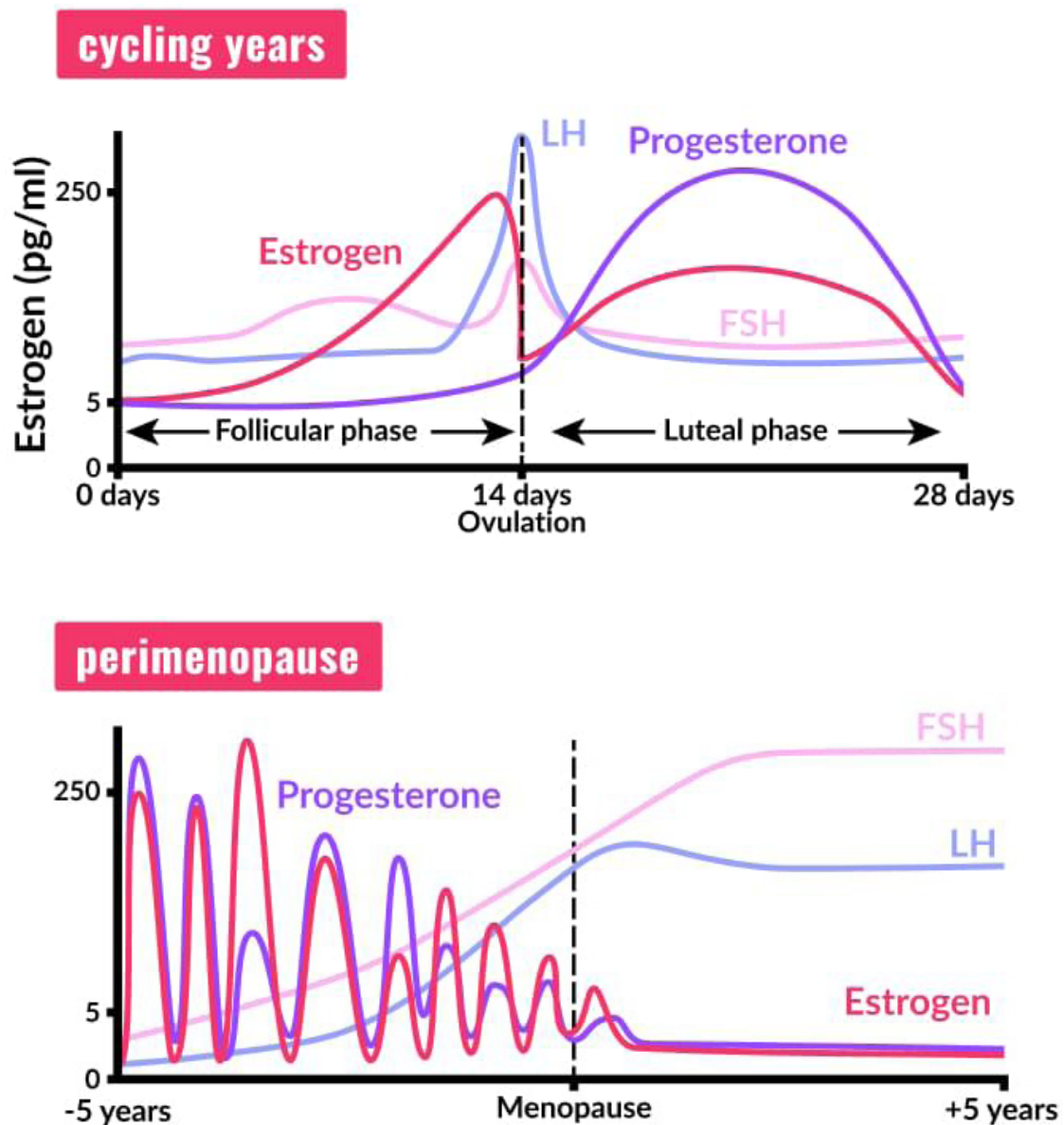


## KEY HORMONES, TESTS AND RESOURCES

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# Perimenopause

**Perimenopause** typically begins around age 40 and happens in the ~5-10 years before menopause (the day that our cycle has stopped for 12 months). After that one day of menopause, we're in **post-menopause**.



The years leading up to menopause are characterized by shifts and a gradual decline in some of our key hormones, like **estrogen** and **progesterone**. **Testosterone**, another key hormone for women's health, also steadily declines as we age. It is not on the chart above as it's specifically related to our menstrual cycle.

Imbalance in our hormone levels and lower levels of them lead to many different symptoms, and often progressively increase as we get closer to menopause. Different women experience different symptoms through the years of perimenopause and the severity of the symptoms varies.

**Some common symptoms include:** weight gain, more difficulty losing weight than in the past, muscle and bone loss, period irregularities (cycle length changes, missed periods, changes in period symptoms, flow, etc), mood swings, heightened anxiety and stress level, body temperature dysregulation (hot flashes), trouble sleeping, more aches and pains, dry skin, lower libido

### Key roles of **ESTROGEN**

- helps drive muscle growth and strength
- helps to reduce the inflammatory load that things like workouts place on our bodies (so it speeds up recovery)
  - as we have less and less estrogen, strengthening our body and recovering from a workout isn't as easy as it used to be. We might feel more aches and pains if we aren't taking enough recovery days.
- supports our blood pressure
- supports blood sugar regulation;
  - as estrogen levels decline, we become more insulin resistant, meaning it's harder for our body to regulate the sugar we take in from our food - making it easier to gain weight.
- plays a role in stabilizing our mood
- a major regulator of our body temperature, impacting blood flow to our skin and sweating. Night sweats, disrupted sleep and hot flashes are associated with this function.
- aids progesterone in supporting bone health and strength

## Key roles of **PROGESTERONE**

- helps to stabilize our tendons and connective tissue
  - This is one of the reasons our joints are more prone to dysfunction as we get into the menopause years, why it's important to train in ways that support us, and why regular stretching can be valuable.
- protects our brain and stabilizes our moods, helping to reduce the impact that stress can have on us. As our levels go down, we're more prone to anxiety and mood swings.
- supports our memory; as our progesterone levels decline, we're more prone to brain fog.
- helps us manage pain
- helps regulate the inflammatory response
- supports bone remodeling
- balances and works together with our estrogen

## Key roles of **TESTOSTERONE**

- works together with our estrogen and progesterone to help us maintain our muscle and bone tissue
- protects our brain
- keeps our libido active
- assists in mood maintenance
- supports energy levels



## For more in depth on women's hormones:

[A Quickstart Guide to Women's Hormones Podcast \(part 1\)](#) discussing the roles of estrogen, progesterone, testosterone, DHEA and cortisol

[A Quickstart Guide to Women's Hormones Podcast \(part 2\)](#) discussing the thyroid, cortisol, our adrenals

## Perimenopause testing options and treatment options information:

[Testing and treatment options podcast](#): learn the “lay of the land” and options available for women in perimenopause (and also post menopause) with a doctor who treats women

- **DUTCH test:** checks your sex hormone (estrogen, progesterone, testosterone) levels. Ordered by a doctor
- **Blood tests:** customizable, checking all sex hormone levels and including cortisol, insulin and others as recommended by your doctor.
- **HRT:** Hormone Replacement Therapy is one of the treatment options for women in peri (or post) menopause that can provide targeted doses of the hormones we are losing to help reduce symptoms and ease the transition time of this life stage.
- [Listen to the podcast](#) for more info about who it's appropriate for and different options for treatment. [Show notes include links](#) to telehealth doctors by **country** if you're in need of support (options for telehealth in the USA, Canada, Australia and the UK)



# PERIMENOFIT

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for women in Perimenopause

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- ...by delivering on **body composition goals**, faster fat loss, stronger muscles, bones and joints, and a healthy immune system too!
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- ...with guided **self care activities** to support the stress response, manage cortisol levels, and improve hormone balance.
- ...with the tools to **support your changing hormones** and **transition to the NEXT LEVEL of your life** in a strong, fit body you love!

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