

Download Before The Change Taking Charge Of Your Perimenopause

From hot flashes to hair loss to weeping and weight gain, perimenopause can be an uncomfortable time in a woman's life due to hormone imbalances. Watching your diet and taking the right vitamins can help tremendously by bringing a good balance back, says Ann Louise Gittleman, Ph.D. Many women ask us does your period suddenly stop at menopause? For most women, it's not a sudden stop but a changing pattern prior to menopause. For example: Periods become heavier Periods that last longer than usual Spotting instead of a period Periods are closer together - maybe every 2 weeks Periods become more painful Missed periods - you may have no period for several months and then a ...Menopause, when it occurs after the age of 40, is considered "natural" and is a normal part of aging. But some women can experience menopause early, either as a result of a surgical intervention, such as hysterectomy, or damage to the ovaries, such as from chemotherapy. How do I calculate when I am ovulating? The timing of ovulation is complex and can take some studying of your body and cycles to figure out. By using a combination of methods such as observing your cervical fluid, taking your basal body temperature daily, and tracking your periods, you can better identify your time of ovulation.. The American Pregnancy Association encourages women to learn ...