

PERI-MENO HOT FLASH

*YOURGUIDE TO
PERIMENOPAUSE
AND BEYOND*

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FROM THE FOUNDERS

Perimenopause - have you heard of it? We hadn't when it started happening to us. Suffering from perimenopausal symptoms but being unaware of 'perimenopause' was a very confusing time. We put our many physical and psychological changes down to busy, demanding lives.

Our bodies were changing, our skin was changing and all of a sudden we started forgetting things. When the penny finally dropped we were shocked. Why had no-one told us about this?

Why were we so unprepared? Why hadn't we been expecting this? How were we going to deal with it? We had so many questions and we realized just how little we really knew about the whole process of menopause. Talking to friends and family we realized we weren't alone in our confusion. By the year 2025, 1.1 billion women will be menopausal due to women living longer. The average woman can expect to spend 40% of her life in postmenopause.

We have created 'Peri-Meno-What?' - Your Guide To Perimenopause and Beyond' to answer some of the questions we had - a manual for the menopause if you like. So hopefully you don't have to be as confused as we were - we hope you find it helpful and if you do, please share it with a friend.

The Stages of MENOPAUSE

Surely I'm too young for menopause?

Like us, you might be one of the many women who weren't prepared for menopause. It's long been associated with women in their 50's, hot flashes and missed periods. The reality is symptoms can start much earlier and there are many more that we should be aware of. Although we use the word "menopause" to describe the whole process, it is actually divided into four different stages.

Perimenopause is the transition stage leading up to the menopause when hormone levels start to fluctuate. This is when symptoms start, often years before your final period. Most women enter this stage in their 40's although it can be earlier or later. For us, gaining a better understanding of the stages of menopause, and the vast number of symptoms, has been life changing. As we spoke more openly to friends and family, we realised we weren't alone.

1

PRE-Menopause

No menopausal symptoms.
Still have regular periods.

2

PERI-Menopause

Menopausal symptoms.
Still have periods, but becoming irregular or notice changes.
Lasts on average 4 yrs, can be up to 10 yrs.

3

THE Menopause

No period for 12 months.
Ovulation stops.
Average age is 46.2 in India

4

POST-Menopause

Over 1 year since last period.
Officially in this phase for rest of your life.

Medical Menopause

We talk about induced menopause when medical treatments like cancer treatment or surgery to remove the ovaries cause menopause prematurely. Hormone levels change suddenly and dramatically rather than over a period of time as in natural menopause.

PERI MENOPAUSE

Perimenopause is the first stage of menopause when hormone levels start to fluctuate and decline. Every system in our body can be affected by these hormonal changes impacting both our physical and mental health.

Most women enter this phase in their early 40's but it can happen earlier or later. On average the peri-menopause stage lasts for around 4 years, but it can last for up to 10 years. It's during this time that you are very likely to start experiencing menopausal symptoms.

There are over 30 symptoms to be aware of, some of which may take you by surprise. We know that it can be a confusing time trying to understand all of the changes that are happening and not lose your mind in the process.



Peri-menopause was a very confusing time for me as I assumed I was too young for menopause - Anita, 40

THE MENOPAUSE

The menopause actually refers to just one day – when you haven't had a period for 12 months you have officially reached menopause. The average age for menopause in India is 46.2. After this you are post-menopausal but can continue to experience symptoms for years after your final period.

POST MENOPAUSE

Post menopause is the time after menopause when a woman hasn't had a period for over a year. You're officially in this stage for the rest of your life.

At this stage many women feel relieved. Think of all the money we will save on sanitary pads?! And while there are many upsides, some women continue to experience symptoms. How these are managed is unique to your experience.

HORMONES

What's going on?

The hormonal shifts we experience in perimenopause are dramatic to say the least. As we head towards menopause, our hormones start to fluctuate and decline. These hormones regulate so many of our bodily functions, it can have a huge impact on our physical and mental health when they are in flux. So what are these hormones, what do they do and what happens when they start to decline?

Oestrogen

Helps regulate menstruation, the reproductive system, brain function, nerves and bone growth. In menopause, when our ovaries stop producing as much oestrogen, the affects can be significant. Low oestrogen affects our mood, our nerves, loss of skin elasticity, our joints and hearts. It can affect temperature regulation and cause vaginal and skin dryness.

Progesterone

Plays a key role in the menstrual cycle alongside oestrogen and prepares the lining of the womb for a fertilised egg. Production stops during the menstrual cycle and it declines in perimeopause, eventually stopping after menopause. Symptoms of low progesterone can include irregular cycles, mood changes, sleep disturbances, anxiety and feelings of depression.

Testosterone

Often seen as the "male hormone" but plays a key role in the female body too. Important for libido, maintaining muscle and bone strength and cognitive function. Testosterone declines slowly in menopause and can impact mood, cognitive function and libido.

Oxytocin

Also known as the "love hormone", oxytocin sends messages to the brain controlling key aspects of the reproductive system from child birth to sex drive. Levels decline in menopause which is linked to reduced libido, vaginal dryness and low mood.



Lets **TALK**

HOT FLASHES

Hot flashes are sudden and intense sensations of heat in your face, neck, and chest, and may be accompanied by sweating, reddening of the skin, chills, and rapid heartbeat

Hot flashes are a common symptom of menopause. Hot flashes can be different for everyone. Some people might not really notice hot flashes, while others may have hot flashes that disrupt normal daily life. Not only can the severity of hot flashes vary, but the length of time you have hot flashes can be different for each person.

night sweats

Are hot flashes that happen while you're sleeping.



VMS (VASOMOTOR SYMPTOMS) IS THE MEDICAL TERM FOR THE HOT FLASHES AND NIGHT SWEATS ASSOCIATED WITH MENOPAUSE. **80%** OF WOMEN WILL EXPERIENCE IT. BUT NO ONE'S REALLY TALKING ABOUT IT. UNTIL NOW.

hot flashes category

HOT FLASHES ARE CATEGORIZED BY SEVERITY:

MILD

You're hot, but at least you're not sweating.

MODERATE

You're hot and starting to sweat, but you can keep going.

SEVERE

When you're so hot and sweaty, you literally have to stop what you're doing.



What causes Hot Flashes



At what age do hot flashes start?

Hot flashes are a symptom of menopause that can happen as you go through this transitional phase of life.

Hot Flashes can start as early as late 30's.

Hot flashes are most commonly caused by changing hormone levels before, during and after menopause. It's not clear exactly how hormonal changes cause hot flashes. But most research suggests that hot flashes occur when decreased estrogen levels cause your body's thermostat (hypothalamus) to become more sensitive to slight changes in body temperature. When the hypothalamus thinks your body is too warm, it starts a chain of events — a hot flash — to cool you down.

What else can cause hot flashes?

Rarely, hot flashes and night sweats are caused by something other than menopause. Other potential causes include medication side effects, problems with your thyroid, certain cancers and side effects of cancer treatment.

On average, women report 4–5 hot flashes per day, although some women have as many as 20 per day.

Facts About Hot Flashes

- Hot flashes can come anytime and anywhere
- While HF's can last for 7.4 years on an average, some women experience it for more than 10 years.
- More than 80% of women experience hot flashes (HF's) during menopause.
- HF's can last somewhere from 30 secs to 5 mins
- As Indian women menopausal age is 4-5 years less than western women, HF's can start as early as late 30's in Indian women.

What can trigger a hot flash?

It's important to recognize that triggers can vary from person to person. Keeping a journal to identify specific triggers may help individuals manage and reduce the frequency of hot flashes during perimenopause.

What can trigger a hot flash?

A trigger is something that can set off a hot flash. There are actually a lot of things in your normal life that could trigger a hot flash.

- Hot weather.
- Heat.
- Smoking.
- Caffeine.
- Alcohol.
- Spicy foods.
- Tight clothing.
- Stress.

Do hot flashes go away after menopause?

Just like many other aspects of hot flashes, the length of time they last can vary from person to person.

You might only experience hot flashes for a little while during menopause, but not the entire time.

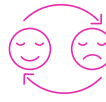
Your hot flashes could end once you're post-menopausal. In other cases, they could last for the rest of your life. Hot flashes that last a long period of time often become less severe as time goes on.

Are HFs messing with more than just your internal infernos?

You're not alone. Here's the list of different aspects of life negatively impacted by HFs:



Sleep



Mood



Focus



Energy



Leisure



Work



Social



Sexual Activity

When to see a doctor?

If hot flashes affect your daily activities or nighttime sleep, consider seeing your doctor to discuss treatment options.

HOW DO I TREAT A HOT FLASH?

Treatment

Hot flashes may seem like an inevitable symptom of menopause that you just need to deal with. But there are treatment options to improve your hot flashes. If you have hot flashes, particularly hot flashes that disrupt your daily life, reach out to your healthcare provider to learn more about your treatment options.

In general, there are two categories of treatment options for hot flashes:

prescription medications and **over-the-counter (non-prescription) therapies**

Prescription medications includes HRT and non hormonal medications.

Non-hormonal medications

These medications aren't as effective as hormone therapy for severe hot flashes, but they can be helpful to women who can't use hormones. Certain antidepressants, called selective serotonin reuptake inhibitors (SSRIs), can reduce how often you have hot flashes and how bad they are.

It's important to talk to your healthcare provider about any treatment option and discuss the pros and cons. Your provider is aware of your medical history and other medications. Some treatment options may not be safe to take with your other medications or other medical conditions.

Hormone replacement therapy (HRT)

Hormone replacement therapy (HRT) boosts your hormone levels and can relieve some of the symptoms of menopause. Your provider will consider whether your uterus is in place or has been removed when prescribing hormone replacement therapy. They'll prescribe:

- Estrogen and progesterone, if you still have your uterus.
- Estrogen, if you've had surgery to remove your uterus (hysterectomy).

Non-prescription, herbal and over-the-counter therapies

Non-prescription, herbal and over-the-counter therapies are another treatment option for hot flashes.

These therapies can include:

- Evening primrose oil
- Black cohosh
- Soy (plant estrogen)
- Acupuncture

Are there foods that can help with my hot flashes?

Many people try to add more plant estrogen into their diets to combat the hormonal changes that go along with menopause. The thought is that adding plant estrogens can help with your hot flashes. Plant estrogens, such as isoflavones, are thought to have weak estrogen-like effects that might reduce hot flashes.

Examples of foods with isoflavones include:

- Soybeans.
- Chickpeas.
- Lentils.
- Flaxseed.
- Grains.
- Beans.
- Fruits.
- Red clover.
- Vegetables.

Try limiting your intake on ultra-processed foods like:

- Baked goods.
- Sugary beverages.
- Fast foods.
- Fried foods.
- Butter and margarine.

COOLING FOODS TO TRY INCLUDE:

- Cucumber.
- Radish.
- Cabbage.
- Bok choy.
- Cauliflower.
- Carrots.
- Romaine lettuce.
- Bananas.
- Watermelon.
- Pears.
- Apples.



Soy contains compounds (called genistein and daidzen) that have been shown to help control hot flashes in some studies

Healthy fats

One study showed that foods with omega-3 fatty acids can provide some relief for hot flashes and night sweats. Hot tip: Replace your meat products with fatty fish and your butter with olive oil.

ARE THERE ANY LIFESTYLE CHANGES I CAN MAKE TO HELP WITH HOT FLASHES?

If your hot flashes are mild, try managing them with these lifestyle changes:

- **Keep cool.** Slight increases in your body's core temperature can trigger hot flashes. Dress in layers so that you can remove clothing when you feel warm. Open windows or use a fan or air conditioner. Lower the room temperature, if you can. If you feel a hot flash coming on, sip a cold drink.
- **Watch what you eat and drink.** Hot and spicy foods, caffeinated beverages and alcohol can trigger hot flashes. Learn to recognize your triggers and avoid them.
- **Practice mind-body therapies.** Although evidence is inconclusive, some women find relief from mild hot flashes through mind-body therapies. Examples include meditation; slow, deep breathing; stress management techniques; and guided imagery. Even if these approaches don't help your hot flashes, they might provide other benefits, such as easing sleep disturbances that tend to occur with menopause.
- **Don't smoke.** Smoking is linked to increased hot flashes. By not smoking, you might reduce hot flashes, as well as your risk of many serious health conditions, such as heart disease, stroke and cancer.
- **Lose weight.** If you're overweight or obese, losing weight might help ease your hot flashes.
- **Exercise:** This is not only a great way to maintain a healthy weight, but people who lead sedentary lives seem to experience more hot flashes.

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A Mist
which can
be used
anytime
anywhere
to ease out
your
HOT FLASH
Symptoms**

OUR GOTO SOLUTION FOR INSTANT RELIEF FROM HOT FLASHES



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Introducing the Zero Degree Mist from Woverse
—your go-to solution for soothing hot flashes
and rejuvenating peri-post menopausal skin.

This refreshing mist is designed to cool,
hydrate, and nourish, providing instant relief
during those uncomfortable moments.

Enriched with natural ingredients, it not only
calms your skin but also enhances your overall
sense of well-being. Embrace your journey
with confidence and comfort!

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STAY CONNECTED

It's good to talk.

The perimenopause sparked a whole new conversation for us as friends and confiding in each other helped us to connect the dots and figure out what was happening to us. We weren't expecting menopause in our 40's, we thought we were far too young for that. Turns out, we're not. When we started to talk to friends and family we realized that we weren't the only ones. We heard so many similar stories of confusion and frustration but mostly we all felt better for sharing.

WOVERSE has created an amazing community for women where you can have conversation in our private Facebook group '**HerCircle**'. It's a place where we can share information, educate ourselves, support one another and throw in a few laughs as well.

We would love for you to join our facebook group

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